**Westside High School**

**Weight Training/Advanced Weight Training Syllabus-2025-2026**

**Teacher: Coach Mason Room: Fieldhouse**

**Email: Masonce@BOE.Richmond.k12.ga.us Phone:706-868-4030-ex.1120**

**Course Description:** *This weightlifting class is designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. Students will understand the importance of setting goals for personal improvement and achievement, and will leave the class with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle. Welcome and enjoy!*

**Instructional Philosophy:** *All students will be provided with the necessary training on each specific exercise so that the exercise process can be safe and productive. Students are encouraged to remain positive with themselves, as well as with other students in order to maintain a good training atmosphere. It is important to realize that everyone begins this course, and progresses through this course at his own rate, as they reach their own individual goals. Safety is always given the first priority in this class.*

**Class Objectives:**

- The student will improve their muscle strength and endurance through weight training exercises.

- The student will gain knowledge of equipment and safety procedures with free weights and machine weights.

- The student will recognize the benefits of regular physical activity and see firsthand the effects on themselves through class participation.

- The student will gain knowledge of developing a weight-training program and training principles:

**Course Content/Major Course Projects & Instructional Activities:**

All students that are enrolled in Physical Education class in the state of Georgia are required by law to participate in the Cooper Institute FitnessGram Test. FitnessGram is a complete battery of health-related fitness items that are scored using criterion-referenced standards. These standards are age and gender specific and are established based on how fit children need to be for good health. Students will be tested in the following areas: Body Mass Index (BMI-height and weight), the PACER run, Curl-up (abdominal strength and endurance), 90 degree push-up (upper body strength and endurance), Back-saver sit and reach (flexibility). This test is designed to assess the Five Components of Physical Fitness listed above. Students may be required to do a pre-test and a post-test.

Along with this, the student will demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities that are either fitness related or sports related and will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction.

**Course Assessment Plan:**

A weekly dressing out and participation grade will be given. If a student fails to dress out, they will lose 50 points for each infraction. If a student is not dressed out, they cannot participate and will lose 50 points off their participation grade for that day.

**Classroom/Course Policies/Weight Room Expectations:**

1. All students are required to dress out when required. When you are dressed, report to the weightroom. If you do not dress out, you will not be allowed to participate. You will be assigned a written assignment.

2. Students will dress in proper attire. This includes an appropriate T-shirt, shorts, sweatpants or wind pants, socks or footies, and athletic shoes. All apparel must meet the school dress code (no sleeveless, cutoff T-shirts, tank tops, cheerleading shorts, jeans, or cutoff pants will be accepted).

3. Students are expected to be **RESPECTFUL** of the rights of others.

4. Students are expected to follow the school rules and codes.

5. Students must be in the weight room before the tardy bell. Excessive tardiness will result in disciplinary action

**6.** **Electronic devices/ cell phones should be left in your locker or in the classroom. No cell phones allowed in the weight room or gym.**

7. If you need help, ASK! If you don’t understand, ASK! If something is wrong, ASK! If you need anything, ASK! Use class time wisely!

8. No boys are allowed in the girls' hallway, and no girls are allowed in the boys' hallway during weight training without permission from the teacher.

9. When you hear the whistle blow, stop to listen for directions.

**Supplies and Course Materials:**

1. Dress out clothes (appropriate shirt, shorts, and athletic shoes)

**WEIGHT ROOM RULES**

**NO STUDENT ALLOWED IN THIS ROOM WITHOUT PERMISSION AND SUPERVISION**

**ABSOLUTELY NO HORSEPLAYING**

**NO JEWELRY**

**NO FOOD, DRINK (EXCEPT WATER), OR GUM**

**PROPER ATHLETIC ATTIRE REQUIRED- NO SANDALS OR OPEN TOE SHOES ALLOWED**

**ALWAYS USE A SPOTTER**

**DO NOT PUT WEIGHTS ON THE BAR ON THE BENCHES**

**RETURN WEIGHTS TO RACK AFTER USE**

**HELP KEEP THE WEIGHT ROOM CLEAN AND ORDERLY**

**COLLARS MUST BE USED WITH ALL FREE WEIGHTS**

**STAY FOCUSED AND ALERT**

**WHS Pats!!!**

Dear Parent or Guardian,

Your son or daughter has enrolled in weight training. This class is intended for novice weight lifters, they will learn basic weight lifting movements, basic anatomy, weightlifting terminology, benefits of resistance training and safety. They will also be making their own personal workout and resistance training program that will benefit them for the future.

I welcome your child to a new school year with many opportunities for growth and skills they can use in the quest for lifelong health and wellness. If there are any questions or concerns please feel free to contact me at:

**Email: Masonc@BOE.Richmond.k12.ga.us Phone: 706-8684030-ex.1120**

Sincerely,

Coach Mason