**GLENN HILLS PHYSICAL EDUCATION DEPARTMENT**

**Weight Training Syllabus**

**Strength and Conditioning** (Weight Training) is designed to help students understand the importance of physical conditioning and its relationship to all aspects of their lives. Students will learn the components of health related and skill related fitness. Students will also be able to plan a strength and conditioning program suited to their specific needs.

**COURSE OBJECTIVES**:

•Participate in assessments of weight training levels and appropriate health-related fitness activities.

•Identify exercise safety and injury prevention components.

•Participate in designed conditioning plans for muscular strength and endurance.

•Use regular assessment results to establish individual goals for the selected health-related fitness components.

•Develop a fitness plan and assesses outcomes following a period of training.

•Identify nutrition and dietary practices that promote short term and long term development to control weight in both school and non-school settings.

•Analyze how activity participation patterns change throughout life and expresses strategies to deal with changes.

**COURSE OUTLINE:**

Aerobic Interval Running and Fitness Testing

Muscular Endurance Weekly Muscular Strength/Weight Room Circuits

Classroom Definitions and Key Terms

**STUDENT EXPECTATIONS:** **Weekly Class Schedule**

Report to class on time. ***Mon/Wed- TBA***

Remain in designated area until dismissal bell. ***Tue/Thurs – Conditioning***

Dress out regularly and participate daily.

**Grading Scale:**

Summative 40%

Formative 30%

Classwork 20%

Homework 10%

**Teacher:** Jermaine Waye

**E-Mail:** WayeJe@BOE.Richmond.k12.ga.us

We have read through the syllabus and understand the expectations and policies for this Physical Education class.

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Student Name (Printed) Date

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Student Signature Parent/Guardian Signature