**Cross Creek High School**

Syllabus 2022-2023

Teacher: Coach Kelly Rm. Gym Subject: Weightlifting

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| Office | [(706) 772-8140](javascript:void(0)) |
| Office Hours | 1st Period/6th Period |

**INTRODUCTION:**

Welcome to Cross Creek Weight Lifting Class. This year I am excited to work with each of you as we work together to have a productive and amazing year! I received my bachelor’s degree in Physical Education with a minor in Music and Jazz Studies from Newberry College. I also earned my master’s degree at Strayer University in Teacher Leadership and I recently just acquired my second masters in Educational Leadership from American College of Education.

**COURSE DESCRIPTION:**

The Weight Lifting course is a semester-long course designed for students who are interested in an in-depth study into personal fitness and specific sports training. Students will re-evaluate and re-assess for their current fitness levels.

**COURSE OBJECTIVE:**

Through classroom engagement and hands-on experience students will become familiar with the concepts relevant to physical fitness and body conditioning. Students will learn to prevent injuries and build muscular strength and conditioning.

**Link to G.A. Academic Standards for Physical Education:**

<https://www.georgiastandards.org/standards/GPS%20Support%20Docs/PE_Introduction.pdf>

<https://www.georgiastandards.org/Standards/Pages/BrowseStandards/PhysEd.aspx>

**Recommended Pre-requisite course:** N/A

**MATERIALS NEED:**

Workout clothes, Socks, and Tennis Shoes

**TEXTBOOKS:**

These books may serve as a source and be referenced at various points throughout the course:

Weight Training Everyone, Let’s Train, Fitness: The New Wave, Bigger Faster Stronger Flexibility Manual, Jumping Into Plyometrics, Exercise Testing and Prescription, and Strength Training Anatomy

**COURSE OUTLINE:**

**Students will…**

1. Develop an understanding of how weight training works and its scientific principles.
2. Analyze and explore weight equipment.
3. Investigate fundamental and safety concepts of weight training.
4. Establish stretching and flexibility programs to compliment weight training.
5. Develop individual and personalized programs.
6. Investigate nutritional habits and dietary considerations for the weight trainer.
7. Describe methods of assessing individual programs.
8. Explore strength and endurance training principles.
9. Assess girth measurement and ideal body weight.
10. Describe goal-setting steps for individual programs.

**CROSS CREEK HIGH GRADING SCALE WEIGHT LIFTING GRADING RUBRIC**

|  |  |
| --- | --- |
| Category | Weight |
| Participation/Test | 60% |
| Dress Out | 40% |

|  |  |
| --- | --- |
| Grade | Percentage |
| A | 90-100 |
| B | 80-89 |
| C | 77-79 |
| D | 70-76 |
| F | 0-69 |

Grade Recovery: Students who fall behind or is in danger of failing health can recover if the student communicates their intentions. Students will be assigned make-up assignments and I will administer make-up tests after school. Students will have to set up dates and times with me concerning test dates. Students who do not make a concerted effort for grade recovery, by failing to show up on agreed times and dates will receive a failing grade.

Tutoring hours will be on Wednesdays after school until 2:10

**CLASSROOM EXPECTATIONS**

* Participate in your learning!
* Participate in discussions
* Be a reliable group member
* Check your grade often and take steps to make sure you are on track
* Complete and submit all assignments on time
* Come prepared to work out in the proper attire
* Be Polite, Prepared, Productive, Positive, Prompt
* Respect other people’s opinions – you do not have to agree, but you should listen to what they have to say respectfully
* If you have an opinion, share it in a respectful way – language and tone
* Respect your environment: Keep the weight room a nice place in which to workout
* Follow the High School Policies. (This includes the absence, tardy, electronics, iPods/iPads and cell phones, and dress policies.)
* Tardiness/Attendance: As a young adult, it is your responsibility to be to class on time. Tardiness delays the start of class and interrupts learning in progress. (If you are not early, you are late!). Tardiness will not be tolerated and will be dealt with according to the tardy policy. Following an absence it is your responsibility to find out what work needs to be completed. You must have an excused attendance slip to make-up any class work or tests/quizzes.

**MAJOR ASSESSMENTS:**

1. Max Testing on core lifts (Bench, Squat, Power Clean and Deadlift Max)

DRESS OUT POLICY

1. Students are allowed to wear sneakers, gym shorts and t-shirts in regards to school policy (All shorts must be the appropriate length).
2. Students are allowed to wear warm-up pants and wind suit pants as an option for the gym shorts.
3. Clothing may not have any provocative message on them.
4. Open toe shoes are not allowed.

Grade Recovery: Students who fall behind or is in danger of failing health can recover if the student communicates their intentions. Students will be assigned make-up assignments and I will administer make-up tests after school. Students will have to set up dates and times with me concerning test dates. Students who do not make a concerted effort for grade recovery, by failing to show up on agreed times and dates will receive a failing grade.

Tutoring hours will be on Wednesdays after school until 3:15

**EXPECTATIONS:**

* ABSOLUTELY **NO HORSEPLAY!**
* **KEEP IT CLEAN, NO FOOD, GLASS BOTTLES, ETC.**
* **ONLY DRINK ALLOWED IS WATER OR GATORADE/POWERADE**
* **MAKE** **SURE YOUR AREA IS CLEAR OF EQUIPMENT** BEFORE **LIFTING.**
* **MAKE SURE** YOUR **COLLARS ARE SNUG.**
* **MAKE** EYE CONTACT **WITH THOSE NEAR YOU** BEFORE **LIFTING.**
* PROTECT YOUR LOWER BACK**: HEAD UP, BUTTOCKS DOWN, SPREAD THE CHEST, LOCK IN LOWER BACK,** AND USE A BELT**. (SQAUTING)**
* NEVER **INTERFERE WITH THE LIFTER.**
* SPOT CAREFULLY! **CONCENTRATE ON THE LIFTER.**
* RETURN **WEIGHTS TO RACKS WHEN** FINISHED**.**

**CONSEQUENCES**

**• 1st Offense: Warning / Teacher-Student Conference**

**• 2nd Offense: Warning / Contact Parents/Guardians**

**• 3rd Offense: Discipline Referral**

**Detach and return this sheet to the teacher. Keep all other sheets for your reference.**

**CROSS CREEK HIGH SCHOOL COURSE SYLLABUS**

#### **Weight Lifting**

**Please print all information, below, clearly (please refrain from using cursive handwriting).**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent/Guardian) have read and understand the syllabus. I have gone over the expectations and guidelines for the course with my child and we both understand the way that the course will be taught.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent/Guardian signature)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Student’s name)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Student’s signature)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (phone number)

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