# **College Park High School Physical Education**

# **Weight Training Syllabus**

**COURSE DESCRIPTION**

Weight training will utilize free weights, dumbbells, cardio and machines to achieve the desired training results on the following areas of the body: abdomen, chest, legs, arms, back, and neck. Instruction covering anatomy, proper lifting technique, and training routine development will be addressed. No other area of the curriculum is designed to help children learn motor and lifetime activity skills at this level.

**OBJECTIVE OF THE COURSE**

The student will:

A) Understand the physiological principles of weight training.

B) Know the general anatomy of the body in relation to weight training exercises.

C) Demonstrate proper techniques of weight training.

D) Have a routine of systematic training.

E) Develop an interest and awareness in the proper care of the body through physical conditioning.

**TOPICAL OUTLINE**

A) Orientation Phase

1) Warm-up, stretching procedures, agilities session.

2) Proper care and safety procedures in use of equipment.

3) Explanation of sets, reps, and developing a fitness routine.

4) Demonstration of exercises and explanation of muscles involved.

5) Group abdominal routine.

B) Continued Instruction and Training

1) Mini lectures on weight training concepts.

2) Further instruction on exercises for basic body parts.

C) Quarterly Assessment

1) Physical and written testing

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## **APPROPRIATE ATTIRE**

# All students are expected to come to class dressed and ready for Physical Education. Students not dressed appropriately are not prepared for class. Students are responsible for locking their belongings in their assigned PE locker.

# College Park Physical Education uniform recommended. Plain white, grey, purple or black shorts and shirt are required. Sweats brought from home must be solid gray, purple, or black. **The student’s last name and first initial should be printed legibly and visibly on their PE attire at chest level.** There will be no altering of the PE uniform. Other writing, drawings or logos on physical education attire will result in the uniform not being acceptable for class. **Any attire that violates the College Park dress code will not be accepted**.

# Athletic shoes are to be LACED or VELCROED CLOSED. NO HIKING BOOTS, SLIP ONS (Vans), PLATFORM SHOES, FLIP FLOPS, OR BOOT-LIKE SHOES ARE TO BE WORN. Shoes MUST be securely tied to the feet. Socks must be worn.

# Shorts are to be worn around the waist. Sagging shorts below the waist for style and fashion will result in being marked not dressed/not prepared for class.

**STUDENT POINTS AND GRADING:**

Participation in all class activities is a prerequisite to earn credit in Physical Education.

A) Attendance; to ensure proper training management

B) Effort and attitude.

C) Quarterly/ semester testing (written and physical).

D) Progress cards kept up on a weekly basis, per quarter

E) Teamwork

Weight Training is graded on traditional A through F Scale.

100-90%=A 89-80%=B 79-70%=C 69-60%=D <59% =F

**EXCUSED MEDICALS AND ABSENCES**:

# Physical Education is a participation-based class, and regular attendance is critical for success. If a student is unable to participate in physical education for a medical or legally excused reason, the teacher must have a note from their parent or guardian for each affected class session. After one week (four consecutive class sessions) with a parent note, a doctor’s note will be required. **Students must still dress in PE attire for make up work to be an option. It is the student’s responsibility to obtain makeup work. Students are allotted a maximum of 5 written make up assignments per semester. Any absence/medical make up after 5 will be administered at teacher’s discretion. Make up work must be submitted by student to PE teacher within two weeks of students return to class. Unexcused/Truant absences and non-participation will receive no credit for the day and no make up work will be accepted!**

## **CLASSROOM POLICIES, RULES AND EXPECTATIONS**

* Absolutely **NO** Cell phones or electronic device use during instructional time! If a cell phone is seen during instructional time it will confiscated. **Cell phone use will not be permitted!!!**
* Arrive to class on time with appropriate PE/Weight Training materials.
* No put downs/Respect classmates and others. Listen when teacher is talking.
* No gum, food, or drinks in class. Water is permitted.
* No use of equipment or apparatus unless instructed by teacher.
* **Full participation is expected.**
* No horseplay.
* **No backpacks, bags, purses, books, etc. allowed in class.**
* A spotter **MUST** be used at all times.
* Do not slam or drop weights.
* Return weights to racks.
* Report any injuries to instructor **IMMEDIATELY.**
* Safety collars must be used.

**LOCKS and LOCKERS**

* Each student will be assigned a locker and lock which they can store their PE clothes.
* LOCKERS MUST BE LOCKED WITH AN **ASSIGNED PE LOCK (provided)**!!! Locks that are not College Park issued will be removed
* Students are only to use their assigned locker. Students will be held responsible to all damage done to their lock and/or locker. Lost locks will result in a $10 replacement fee.
* CPHS and its teachers/Administration are not responsible for lost/stolen items.
* **DO NOT BRING VALUABLES TO THE LOCKER ROOM!**

**MEDICAL CONDITIONS**:

It is extremely helpful to the teacher to be aware of any medical conditions that your child experiences. A note from your doctor will assist us in planning or adapting your child’s program. This information will be kept confidential. **MEDICAL CONDITIONS, MEDICATIONS, IF ANY THAT TEACHER SHOULD BE AWARE OF:**

I have received and read a copy of the physical education syllabus and agreement.

**Student name (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Weight Training Period:\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

#### **Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Parent/Guardian Name (printed): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Info (phone):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**www.cphs-mdusd-ca.schoolloop.com\PhysicalEducation**