

**Lee County HIGH SCHOOL**  
**Weight Training**  
**Course Syllabus**

Instructor: D. Fabrizio, J. Kremer, J. Butler, K. Davis

Room # Activity Building

Year: 2018-2019

Semester: First and Second

PE-REF-Replacement equipment fee \$2.00

Supplementary Texts or Special Materials/Materials Needed: Shorts or sweatpants, t-shirt or sweatshirt, tennis shoes and socks, pencil and paper.

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**Course Description:** Students will learn proper lifting and spotting techniques as well as benefits of weight training for over-all strength development.

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Weight Training Rules and Discipline Procedures:

1. When the **bell rings**, the students **have to be in the hall way adjacent to the locker room. Anywhere else** in the gym is considered **tardy**. Upon the first tardy, the student will begin the first step in a four step process leading to a Referral. **Student will receive automatic referral if more than 5 minutes late according to the school clocks.** If the student is not out of the locker room dressed in approved attire they will receive a 0 for no dress. The locker room will remain locked during the class period, unless directed by Administration.
2. Students will dress out every day. Failure to dress out 3 times in 1 week will result in a referral and a courtesy call home.
3. Dressing out includes, **CLOTHES THAT ARE DIFFERENT FROM THE ONES THAT YOU WORE TO SCHOOL THAT DAY!!!**
4. You may not wear tank tops, cutoffs, boxer shorts, cheerleader shorts, or cutoff shirts. Your attire must meet the schools dress code. Stockings, socks, bare feet, flip flops are not allowed.
5. All personal business, bathroom, phone calls, etc..., should be taken care of before or after class. You will be given 6 minutes to dress in and dress out. Detentions will be given if the students are not dressed after the 6 minutes.
6. The locker rooms will be locked during all periods. **Only open at Administrations Request.**
7. Do not go to the locker rooms until instructed. Remain inside the locker rooms after changing. You are not allowed to leave this area until the dismissal bell rings.
8. 1 day a week your class will complete bookwork. Your instructor will let you know where and which day to report.
9. You will be given a fitness test at the beginning, the middle and the end of the semester.
10. You will be assigned a locker for your physical education clothes. **Do not share lockers; do not give out your combination. VALUABLES MUST BE LOCKED IN A LOCKER OR LEFT AT HOME OR IN HALLWAY LOCKER.** SHS and its employees are not responsible for lost or stolen property (money, cell phones, I-pods, etc....)
11. You are not allowed to enter any physical education office unless instructed by your teacher.
12. **FOOD, DRINKS, GUM ARE NOT ALLOWED IN THE GYM OR THE LOCKER ROOMS!**

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- 13. There will be no tolerance to damage to physical education material, fighting, abusive language and food and gum.
- 14. Doctors excuses are the ONLY notes accepted. If a student is in the care of a doctor, they are unable to participate in class activities. Written work may be assigned.

Make-up Policies: Students are responsible for making up all work by the end of the week.

Grading System:

- 50% Participation
- 50% Daily Dress

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I have read and understand all of the objectives, requirements, and expectations for

\_\_\_\_\_ taught by \_\_\_\_\_.  
NAME OF CLASS NAME OF YOUR TEACHER

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date