



# Beginning Strength Training

2017-2018

Mrs. Hanson

Email: [mhanson@msd134.org](mailto:mhanson@msd134.org)

Phone: 208-585-6657 X769

Teacher Website: <https://goo.gl/imwtYW>

School Website: <http://mhs.msd134.org/>

---

## Course Description

This course is designed for the beginning weight lifter. Students will learn the correct techniques, principles, and progressions of weight training to gain strength, muscle tone, and core stability. Students will utilize both free and machine weights. This course may be repeated once.

---

## Course Objectives

1. The students will demonstrate appropriate safety practices.
2. The students will demonstrate proper techniques with designated lifts.
3. The students will improve strength in both upper and lower body lifts.
4. The students will improve core stabilization.
5. The students will improve cardiovascular endurance.

---

## Course Units

Quarter 1	Quarter 2	Quarter 3	Quarter 4
The 5 fitness components, goal setting, lifting and spotting technique	Circuit training, skeletal & muscular systems	Heart rate training, pedometers	Foundational fitness, Nutrition

---

## Materials

- Proper workout attire (tennis shoes, white shirt, navy blue shorts)

---

## Skyward Grading

Score Method	Term Grades (MHS Policy)	Grading Scale (MHS Policy)
Total Points	<b>Fall</b>	A=90%-100%

	Quarter 1=40% Quarter 2=40% End of Course Assessment=20%  <b>Spring</b> Quarter 3=40% Quarter 4=40% End of Course Assessment=20%	B=80%-89% C=70%-79% D=60%-69% F=Below 60%
--	---	--

**Make-Up Work (MHS Policy)**

Papers, assignments, tests, etc. that were announced while the student was in attendance prior to the absence are due to be submitted or completed on the day the student returns to school. A student will be allowed two (2) school days for each day of excused absence to make up material presented during the absence. Make-up time is not to exceed ten (10) days from the time a student returns to school after an absence. Additional time may be granted at the principal's discretion under extenuating circumstances. When a student has been absent for three (3) or more consecutive school days due to illness or excused absence the parent or student may call the Attendance Office to request make-up homework be sent to the office for pick-up. Please allow 24 hours for teachers to respond before coming to the office to pick up work. **In the case of pre-arranged absences, it is the responsibility of the student to contact individual teachers for any make-up work prior to the absence.**

**Late Work**

If you are absent from class, it is your responsibility to get the assignment(s) that you missed and get them turned in within two days after the day of the absence. After the end of the second day, the total points of the assignment or test will be reduced by 5% each day following the original due date. If you are absent on the day of a test, the test will be administered the next class period that you are present.

**Classroom Rules and Procedures**

1. **-Attendance** will be taken 5 minutes after the tardy bell rings. Attendance will taken in the designated hallway after all students have been dismissed from the locker rooms.
2. **-Be respectful** to everyone in the class, as well as provided equipment and facilities.
3. **-Participation and dressing down:** each student is expected to be properly dressed in appropriate PE clothing (fingertip length shorts or activewear capris or leggings, gym shoes, short or long sleeve shirt) and be willing to participate in each classroom activity and assignment.

4. -**Attitude** and **effort** are part of your participation grade! Students are not graded on how well they perform, rather on their effort and improvement throughout the the semester.
  5. -NO cell phone use in class or in the locker room.
  6. -Students are not allowed in any teaching area without a teacher present, including leaving the locker room without teacher permission either at the beginning or end of class
  7. -Students are not allowed to use any PE equipment without teacher permission
- 

## **Discipline**

Discipline philosophy is based on the written policy within the MHS student handbook, in addition to content specific rules that are implemented.

-Disruptive conduct to the educational process is prohibited.

-Infringes conduct on the rights and property of others is prohibited.

-Knowledge base of the school policies and rules are strongly reinforced.

---

## **Academic Integrity (MHS Policy)**

All work submitted by a student must represent his/her own ideas, concepts, and current understanding. All material found during research must be correctly documented/cited to avoid plagiarism. Any student caught cheating or plagiarizing on course assignments or exams will lose credit for that assignment or exam. The teacher will notify parents. Students may be subject to disciplinary action, including a parent conference.

---

## **Student & Parent Resources**

School Website: <http://mhs.ms134.org/>

Teacher Website: <https://goo.gl/imwtYW>

---

## **Other Information**