



## Physical Education II / Weight Training



### Teacher/Class:

Physical Education II / Weight Training

Fall 2025

Mason Goad, BS Kinesiology, MS Strength & Conditioning, USAW-L1, ISSA

Monday-Friday

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### Course Description:

- This course emphasizes the five national movement standards set forth by SHAPE America and the standards set by the state of Tennessee that incorporate fitness-related components. In this class, the students will participate in multi-planar activities while improving their movement literacy through standards-based lessons.

Objectives: As a result of this course, the students will,

- Be able to demonstrate competency in a variety of motor skills and movement patterns.
- Be able to apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Be able to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Be able to exhibit responsible personal and social behavior that respects self and others.
- Be able to recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### Standards:

- [https://www.tn.gov/content/dam/tn/education/standards/pe/TN\\_Physical\\_Education\\_Standards\\_Grades\\_9-12.pdf](https://www.tn.gov/content/dam/tn/education/standards/pe/TN_Physical_Education_Standards_Grades_9-12.pdf)

### Materials:

- Proper weightlifting attire, such as shorts, a shirt, and tennis shoes. (Dress code still applies) If there is an issue, please let Coach Mason know. Not dressing appropriately consistently may result in a reduction in participation grade.

### Classroom Rules:

- In PE II / WT we follow one rule and that rule is to **respect**
  - **Respect: Yourself** - *work hard, be on time, be honest, no horseplay, no cell phones in the weight room, no misuse of equipment, dress code applies etc*
  - **Respect: Your Classmates** - *treat others the way you want to be treated*



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- **Respect: Your Teachers** - *this goes for any adult in the classroom, listen, be attentive, be intentional, etc.*
- **Respect: Your Equipment** - *Equipment is not cheap. Make sure to use equipment in its original intended use.*

### Grading Scale:

- A: 90 to 100
- B: 80 to 89
- C: 70 to 79
- D: 60 to 69
- F: 0 to 59

### Attendance / Grades:

- Grades will be determined by the returned syllabus, weekly participation, and log sheets.
- The returned syllabus is worth 100 points.
- Participation/attendance will be worth 100 points each week. Each unexcused absence will result in twenty points removed from the total.
- Log sheets will also be worth 100 points. Twenty points will be deducted for any days not completed.
- Attendance will be taken in the gym on the bleachers. Once attendance is taken the students will then get dressed and meet in the weight room. Students will be given time to change and shower if needed.

### Modifications:

- Please let Coach Mason know if you have any injury prior to that day's lifting session.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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