

SYLLABUS FOR WEIGHT TRAINING—MR. ENOS

Weight Training 7-12

The following areas of instruction are included in all grades of Weight Training:

- A. Correct use of the weight room/ etiquette
- B. Correct machine use
- C. Importance of sanitization of equipment following use
- D. How to lift for different needs (varying reps, rest time, movements , etc)
- E. Difference between Cardiovascular workouts and Muscle building exercises.
- F. What body parts to stress and when
- G. The skills needed to plan and create a personalized weight program
- H. Using all the information gained to correctly follow your own lifting program.
- I. Taking information from instruction and answer test based questions.

Grades 7-12 Weight Training

Research Projects: Students will be assigned to complete research as class projects pertaining to fitness regimens. Most of the research will be completed or taught/shown in class, however some students may need/want to complete research outside of class time.

Written Tests: Tests will vary in point value depending on the amount of information covered in the units. The tests will include:

- | | | |
|-----------------|----------------------|--------------------|
| a. True & False | b. Matching | c. Short Answer |
| d. Essay | e. Fill in the blank | f. Multiple Choice |

Grading: Standard grading of the Rockwood Area School District

Weight Training Rules:

1. All Students will dress and participate in class.
2. 4 non-dresses or non-participations within the quarter will result in failure for the quarter.
3. 7 non-dresses or non-participations will result in failure for the year.
4. Keep Hands to yourself
5. All jewelry must be removed.
6. Students must be receptive to feedback on form, as the weight room can be a dangerous place if not respected.
7. Students MUST have a spotter if lifting free weight overhead NO EXCEPTIONS
8. Follow school dress code for gym wear (no short shorts, spandex material, cut offs that show male or female mid section, shirts that show mid drift or spaghetti strap tanks).

9. If absent, it is YOUR responsibility to make up missed work.
10. No extra credit will be available.
11. All students must remain INSIDE the locker room until the bell rings and the instructor leads them to the gym/weight room.
12. Students must stay inside the locker room before the bell rings before departure.
13. Use equipment correctly and safely if you break the equipment while using it incorrectly, you will be charged for that item.
14. No colon spray or aerosol cans in the locker room (stick deodorant only).

Weight Training Grading:

Each class is worth 10 points.

Points will be broken down in the following way:

Dress for class 3 Points

Must be wearing athletic wear (gym shorts, sweats, nylon pants, t-shirts, sweatshirts, sneakers)

-No spaghetti strap tank tops, short shorts, jewelry, shirts that show mid drift or clothing with inappropriate logos or language.

Class Participation 3 Points

Student must participate in the daily activity for the entire period to receive participation points. Begins at warm-up and ends when we go back to the locker room.

Class Conduct 2 Points

Includes the proper use of equipment, following class rules, and proper locker room behavior. No visual or vocal obscenities.

Sportsmanship 2 Points

Student puts forth effort in class

Demonstrates teamwork

Follows game rules and expectations.

Help others achieve standards.

Tests: Tests will vary in points depending on the amount of material covered. Tests will include multiple choice, true/false, fill in the blank and short answer questions.

Parent Signature:

Student Signature:
