

# **Weight Lifting/Strength and Fitness**

**2009 - 2010**

## **COURSE SYLLABUS**

### **Course Description:**

The weightlifting class was designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. Students will understand the importance of setting goals for personal improvement and achievement, and will leave the class with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle.

### **Instructional Philosophy:**

All students will be provided with the necessary training on each specific exercise so that the exercise process can be safe and productive. Students are encouraged to remain positive with themselves, as well as with other students in order to maintain a good training atmosphere. It is important to realize that everyone begins this course, and progresses through this course at his/her own rate, as they reach their own individual goals. Safety is always given the first priority in this class.

### **Major Course Objectives/Benchmarks by Quarter**

1<sup>st</sup> Quarter: Students will be expected to demonstrate progress in physical fitness performance based exercises.

2<sup>nd</sup> Quarter: Students will be expected to continue to demonstrate progress in performance-based exercises in the class.

3<sup>rd</sup> Quarter: Students will be expected to continue to demonstrate progress in performance-based exercises in the class.

4<sup>th</sup> Quarter: Students will be expected to continue to demonstrate progress on previously tested exercises, as well as completing the requirements of the Missouri Physical Fitness Exam. Students will complete the Physical Fitness Assessment Report.

### **Major Course Goals:**

- 1. Students will gain an understanding of how to train the different muscle groups of the body.**
  - A. Students will learn a variety of exercises.**
  - B. Students will learn the safe execution of instructed exercises.**
- 2. Students will learn what to look for in an effective training program.**
  - A. Know the importance of training splits, rest and nutrition.**
  - B. Know how to train to achieve goals.**

3. **Students will gain a lifetime interest in maintaining adequate fitness.**
  - A. **Learn how to design a program to achieve your goals.**
  - B. **Learn how to train safely.**

**Major Course Projects and Instructional Activities:**

**Students will be tested on their ability to perform lifts with the correct form, and show improvement on the execution of specified lifts and exercises. Students will also be expected to show progress in cardiovascular activity. Achievement of goals aligned with these activities will help the students to perform on the Missouri Physical Fitness Test. Students will record the data from their tests for use in the Physical Fitness Assessment Report, as part of the literacy initiative here at the high school.**

**Course Assessment Plan:**

**Students will be assessed according to effort, and time spent on task/class participation. Students will also be expected to complete regular physical fitness assessments (up to nine each quarter).**

**Forty-five percent of the student's grade will be based on participation.**

**Forty-five percent of the student's grade will be based on effort.**

**Ten percent of the students grade will be based on completion of physical fitness assessments.**

**DRESS CUTS – students not prepared will be issued a “dress cut”. The first dress cut will result in a five percent reduction in the student's quarterly grade. Each subsequent dress cut will result in a ten percent reduction in the student's quarterly grade. Each time a student receives a dress cut, a personal discipline referral will be issued. Upon a third dress cut, and each subsequent dress cut, an office referral will be issued for coming to class unprepared.**

**Classroom Expectations:**

1. **Dress for class everyday.**
2. **Do not bother lifters (be safe).**
3. **Maintain good form.**
4. **While spotting, keep attention on the lifter.**
5. **Return weights/equipment to its proper place.**
6. **No food or drink in the weight room.**
7. **No IPODS or headphones of any kind.**
8. **No cell phones in the weight room.**
9. **No cell phone use in the locker room (see handbook).**
10. **Be positive and respectful.**

**STUDENTS MUST HAVE A MEDICAL EXCUSE FROM A DOCTOR TO BE EXCUSED FROM CLASS PARTICIPATION. Students who do not dress for class will be written a discipline referral (failure to participate and unprepared for class).**

**Supplies and Materials Needed:**

**Students need active footwear, and athletic wear (gym shorts, sweat pants, T shirts, etc).**

**Homework Policy and Grading Scale:** Please refer to the Student Handbook for the Homework Policy. The grading scale is as follows:

A .....	100-95	C .....	76-73
A-.....	94-90	C-.....	72-70
B+ .....	89-87	D+ .....	69-67
B .....	86-83	D .....	66-63
B-.....	82-80	D.....	62-60
C+.....	79-77	F .....	59-0

**Extra Help:**

**A supplemental strength workout will be available on Mondays, Tuesdays, and Thursdays after school until 3:30. Students who wish to put in extra effort to achieve specific goals can work with Coach Mills at that time.**

**Time and Place to be reached by Parent:**

**My planning period is 3<sup>rd</sup> period (9:33 – 10:24) everyday. I may be reached by phone at 431-2616 ext. 4125 or by email at [zmills@centralr3.org](mailto:zmills@centralr3.org).**

**Recommended reading list:**

**Vince Lombardi: What it takes to be # 1  
The Blind Side  
Winning is a Choice  
Core Performance  
Blue Blood  
John Wooden: My Personal Best  
One on One with Coach Wooden  
Quit Strength  
Walk-on  
Russell Rules  
The Real All-Americans  
Jumping Into Plyometrics**