

Weight Training: Expectations, Goals, and Grading 2015-2016

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** My preferred method of communication is by e-mail.

Weight Training offers instruction and practice in proper techniques of the development of muscular strength, endurance, and flexibility. Emphasis is placed on the application of scientific principles and methods used to build, improved and maintain proper muscular fitness. Also, body composition and nutrition for health and fitness are discussed.

Expectations and Goals:

BE PREPARED

- Wear the proper footwear (**required, see below)
- Wear the proper clothing/attire/equipment (**required, see below)
- Keep hair out of your face or eyes

PLAY HARD

- Always participate with effort and seriousness in all activities.
- Demonstrate a commitment to the process, lesson or activity.
- Demonstrate proper movement skills and concepts

PLAY FAIR

- Adhere to the rules or instructions of the lesson or activity
- Display honesty during the lesson or activity.
- Allow equal opportunity for others to participate.

PLAY SAFE

- Lookout for the safety of others.
- Avoid careless risks.
- Show an awareness of your body and those around you.

SHOW RESPECT

- Listen when it is time to listen (to the teacher or classmates).
- Cooperate with the teacher and classmates. Display good sportsmanship.
- Show the value of others, the equipment, the property and the environment.

**** Required Equipment:**

- Tennis shoes (some type of appropriate shoe for a grass field and gym floor)
- Athletic clothing (can move around in easily). Jeans are not appropriate.

At the completion of the course students will be able to:

- define muscular strength, endurance, flexibility and its relationship to fitness and wellness
- administer and interpret tests correctly to determine muscle strength, endurance, flexibility, and body composition
- Explain how weight training exercises affect muscles
- explain the principles governing weight training regiments (overload, Progressive resistance, Specificity, and adequate recovery)
- describe a wide variety of weight training programs (variations of Isotonic, Isometric, Isokinetic workouts)
- describe the hazards and effects of ergogenic aids and muscle enhancement drugs
- safely and effectively use free weights and weight training machines
- write a fitness program that includes muscular endurance, strength, flexibility, and weight management

Grading (6 points total per day):

1. 2 daily points can be earned per the student's willingness to **Engage and Participate** in the activity of the day (cooperate and participate). 2 points will be awarded each day if the student is engaged in class for the entire period (100% of the time), deductions will be made for the % of time a student is not engaged).
2. 2 points will be earned for **Safety and Citizenship**. Points will be deducted for (but are not limited to) the use of inappropriate language, destruction of equipment, and for being disrespectful or a "poor sport." In addition, being removed from class will result in the loss of partial or all daily points.
3. 2 points will be earned for **Attendance and Dress**—wearing appropriate P.E. clothing. (-1 for each tardy and -1 for not dressing in PE clothes.)

Note: Grades can be viewed on "Skyward" and will be updated weekly.

Grading Scale:

94% to 100%	A
90% to 93%	A-
87% to 89%	B+
83% to 86%	B
80% to 82%	B-
77% to 79%	C+
73% to 76%	C
70% to 72%	C-
67% to 69%	D+
60% to 66%	D

A percentage below 60% is not passing. To earn credit for this class, you must earn a 60% or better.