

# Weight Training I Syllabus

## Central High School Physical Education

Instructor: Mr. Ramirez

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### **Class Description:**

The emphasis in this course is on muscular strength, endurance, flexibility, and safety. The core lifts in this course include parallel squats, cleans, and bench press. Weight room safety, warm-up/cool down procedures, lifting technique and safety for all lifts, major muscle identification, and individual goal setting are all important components in this course. In addition, students will monitor and improve their fitness levels by participating in the Fitnessgram assessments throughout the semester.

### **Course Objectives:**

- Understand the components of physical fitness and how they relate to overall physical wellness.
- Participate in Fitnessgram assessments that measure the components of physical fitness.
- Understand the concept of total wellness and how weight training contributes to this.
- Demonstrate the basic fundamentals of weight training such as form, technique, spotting, breathing, and safety.
- Understand and demonstrate various training methods such as low repetition for strength, high repetition for endurance and toning, pyramid strength building and circuit training.
- Identify major muscle groups and give examples of specific lifts for those muscles.
- Demonstrate proper warm-up and cool-down procedures specific to weight training.
- Demonstrate correct mechanical and physiological principles on all lifts.
- Consistently demonstrate correct and safe spotting techniques.

### **Grading:**

**Daily participation, cooperation and effort are key components of this class, along with periodic skill, written, and physical fitness tests.** It is extremely important that students are in class and properly suited for participation each day.

### **Daily Participation:**

Five (5) daily participation points are possible for every class period. The following deviate from the daily norm:

- Absence (-5)
- Non-Participation (-5)
- Non-Suit (no tennis shoes) (-5)
- Partial Non-Suit (-3)
- Electronic Device brought to class (-2)
- Jewelry/Watches (-2)
- Tardy (-1)
- Lack of effort, Inappropriate Participation (-1 to -5)
- Leaving class extended period of time or without permission (-5)

**Students may only make up participation points that are a result of *excused absences*.** Points lost as a result of unexcused absences, tardies, non-suits, etc. cannot be made up.

### **Tests and Quizzes:**

In addition to the daily participation points, approximately 100 points will be awarded for various skill, written, and physical fitness assessments. Skill tests and written quizzes are 10 points each. In addition, at the conclusion of the semester, students will be expected to complete a physical fitness test.

**Participation Points Grading Scale:**

A = 98%-100%	B- = 92%	D+ = 86%-87%
A- = 96%-97%	C+ = 91%	D = 84%-85%
B+ = 95%	C = 89%-90%	F = 83% or below
B = 93%-94%	C- = 88%	

*Note:* All written work, including quizzes and tests, will be graded on a standard grading scale and NOT the percentage scale shown above.

**Class Policies and Guidelines:**

***Proper Attire:***

Students are expected to wear appropriate clothing for the Physical Education setting and follow the school dress code. Appropriate PE attire includes:

- 1.) Athletic/tennis shoes;
  - 2.) Full-length tee-shirt w/sleeves or sweatshirt (no midriiffs, tank-tops, or cut-off shirts)
  - 3.) Shorts or sweat pants (worn properly, no sagging)
- If a student does not have appropriate tennis/athletic shoes, it is considered a “non-suit” (-5), since the student cannot participate in class without proper shoes.\*SEE NON SUIT POLICY on school website.
  - If a student has proper shoes, but does not have the other appropriate PE attire, it is considered a “partial non-suit” (-3). The student can still earn partial credit because he/she may still participate.
  - *It is recommended that students bring a sweatshirt and/or sweatpants in the fall and spring since the class will often be going outside.*

For the safety of yourself, the equipment and others, jewelry and watches are not to be worn during class. Wearing jewelry will result in a loss of participation points and prevent the student from being allowed to participate.

Hats will not be allowed indoors. Hats *may* be allowed outdoors, depending on the sport being played. Cell phones, I-Pods, and other electronic devices are not allowed in class, so please *lock* them in your locker.. **Bringing electronic devices to class will result in a loss of participation points.**

***Locks & Lockers:***

- See Physical Education Syllabus for details.
- At the end of the semester, students must clear out their lockers. Any personal items that are left in the locker will be thrown out and/or donated to charity.

***Expectations:***

All students are expected to follow these basic class guidelines:

- Be in the locker room prior to the tardy bell.
- NO BULLYING or NEGATIVITY OF ANY KIND!!!!!!!!!!!!!!!!!!!!
- Students will dress out in proper clothing and participate every day.
- Students will respect the rights, property and privacy of others.
- Students will wait respectfully inside gated area.
- Students will behave politely and respectfully toward everyone at all times.

***Expectations Cont'd***

- Students will not have any food, beverages or gum in the gym or during class at any time. Water bottles with water are OK.
- Students will not wear any jewelry, including watches.
- Students will not leave the supervision area without permission. A zero will be given for leaving the gym or gate area before the bell or dismissal by teacher.

- Students will clean up their lifting stations and wait to be dismissed to the locker rooms.
- At the conclusion of class, students will remain inside Gated area

**Harassment, Intimidation, and Bullying**

Students are expected to refrain from the harassment, intimidation, or bullying of others, which is an intentional electronic, written, verbal, or physical act that:

- Physically harms a student or damages the student’s property,
- Has the effect of substantially interfering with a student’s education,
- Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment, or
- Has the effect of substantially disrupting the orderly operation of the school.

***Make-Ups:***

- **Unexcused Absences cannot be made up.** The points are lost. Therefore, it is extremely important for students to clear all absences through the Attendance Office in the allotted time.
- **Excused Absences may be made-up:** See make up policy in the school website.
- Points lost because of unexcused absences, tardies, non-suits, poor effort and discipline cannot be made up.

**Parent / Doctor Notes:**

- When a student is to be excused from participation in class for ***less than one week*** (recovering from a bad cold, sprained ankle, etc.), he/she must bring a written statement from home stating the reason and dates to be excused. These days are considered excused, non-participation days and do not need to be made-up.
- Any student needing to be excused for ***over one week*** must have a written notice from his/her doctor stating how long the student should be excused. These days are considered excused, non-participation days and do not need to be made-up.
- If a student will be unable to participate in class for ***more than one month*** as a result of a physical injury or medical issue, he/she will be assigned alternative work and moved to Modified PE.

***Effect of not suiting up or attending class:*** Every time a student does not attend class, it results in a loss of five daily participation points. If the absence was excused, the student may make up those five participation points! If not, those points are lost and the student’s grade is affected. School-related absences do not need to be made up (for example, field trips or athletic events). If a student does not suit-up, the result is a loss of three daily points (3), and these points cannot be made up... *Bring your clothes, suit-up and participate every day, and make up your absences!*

I have read and understand the expectations of the Weight Training class and will follow them to the best of my ability.

\_\_\_\_\_  
Student Name (Printed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Class Period

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Home Phone #

\_\_\_\_\_  
Parent/Guardian email address