

## Physical Education-Weight Training-Grades 9-12

### Course Content

The weight-training course will consist of learning weight training techniques and using the BFS (Bigger, Faster, Stronger) system of weight training. You will be graded on daily participation and other personal qualities described below. Daily points will be totaled to determine your quarter and semester grades

Each day in class you have the opportunity to earn three points. The points may be distributed and earned in the following manner:

**A) DAILY PARTICIPATION - 2 POINTS PER DAY**

**B) PERSONAL QUALITIES - 1 POINT PER DAY**

(Personal qualities include attitude, care of equipment, following safety rules, recording lifts, being respectful, etc.)

**C) Points may be deducted from your daily grade additionally for the following reasons.**

- 1. Failure to dress for class (-5 points)**
- 2. Negative attitude/disruptive/uncooperative (-5 points)**
- 3. Fighting/swearing/harassment/showing disrespect (-5 points)**

### MAKING UP ABSENCES

Upon missing a weight training class or classes, you will be required to make up that class by attending a class during the next day in the opposite section. If you miss multiple classes due to extended illness or injury, reports may be assigned or you may be assigned morning walking to make up for the absences. Absences need to be made up by the end of the quarter to receive credit. Arrangements need to be made with your study hall teacher to prevent you from being counted absent. You will not be required to make up absences due to school sponsored trips.

<b>GRADING SCALE</b>	<b>100-94</b>	<b>A</b>	<b>79-74</b>	<b>C</b>
	<b>93-92</b>	<b>A-</b>	<b>73-72</b>	<b>C-</b>
	<b>91-90</b>	<b>B+</b>	<b>71-70</b>	<b>D+</b>
	<b>89-84</b>	<b>B</b>	<b>69-64</b>	<b>D</b>
	<b>83-82</b>	<b>B-</b>	<b>63-62</b>	<b>D-</b>
	<b>81-80</b>	<b>C+</b>	<b>61 BELOW</b>	<b>F</b>

## **Weight Training Class - Expectations**

- 1. Be courteous, polite and show respect at all times.**
- 2. Be on time for class.**
- 3. Have proper clothing and footwear for every class.**
- 4. Use proper language at all times.**
- 5. Participate in weight training activities to the best of your ability.**
- 6. Record the repetitions and weight you lifted for the core lifts.**
- 7. Follow all safety rules and spotting procedures at all times.**
- 8. Replace all weights and bars back to their proper places.**
- 9. No food allowed in weight room.**
- 10. Place weight-training folders in proper file when class is finished.**
- 11. Be SELF-MOTIVATED**

## **Student Expectations of the Teacher**

- 1. Deal with every student fairly, honestly and with respect.**
- 2. Be prepared everyday.**
- 3. Be demanding (insist on a honest effort every day).**
- 4. Provide a safe environment (physical and social) for everyone to participate in.**
- 5. Be able to assist, coach and instruct proper techniques.**