

Mt. Edgecumbe High School

Physical Education Department Course Syllabus

Course Title: Weight Training

Instructor: Archie Young

Course Description: Weight Training is a course designed to help students learn the basics of strength training and to improve their strength & fitness. Students will learn weight room safety, proper form/technique of various lifts, proper spotting techniques, and how to design their own personal workouts. You will be placed in teams of 3-4 people. You are **expected** to work out as a team and support each other. We will measure your strength and endurance in 3 areas: max bench press, sit-ups in a minute, and push-ups in a minute. We will also sit down together and each student will make a goal sheet, and assess their goal sheet throughout the semester. Come to class ready to participate, get stronger, gain self-confidence and work hard!

Grading:

Grades will be based on attendance, participation, effort, and attitude. Students will be given 10 points for those four areas and this will determine their grade for the class. Students must dress in proper gym attire to participate in the class. Proper attire is shorts or sweats, a t-shirt or hooded sweatshirt, and gym shoes that have not been worn outside. If a student does not bring proper attire they are not allowed to participate in the physical education activities due to injury and health concerns and will receive a zero for the day. Students will also be assessed in 3 strength/endurance areas; max bench press, push-ups in 1 minutes, and sit-ups in 1 minutes. Each students will be expected to make a minimum 5% gain in their 1RM Bench press, and a 10% gain in the push-ups and sit-ups.

Lockers:

All students will be provided with the opportunity to use a lock and locker while enrolled in this course. It is highly encouraged that they use these as Mount Edgecumbe High School will not be responsible for items left in the locker room during class time or after school hours. However, during the COVID environment we all live in locks will not be handed out. NO PERSONAL LOCKS ALLOWED. Use lockers at your own risk. LOCKS ARE NOT AVAILBLE THIS TRIMESTER. USE THE LOCKERS AT YOUR OWN RISK.

ABSENCES:

All absences are expected to made-up to earn that credit. To make up an absence a student must write a 5-6 sentences paragraph on a physical fitness topic of their choice & complete a 45 minute rigorous workout.