

WEIGHT TRAINING & CONDITIONING

Mrs. Bunting

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CONTENT: This course has been designed to offer a sound and systematic training program for those students who wish to apply strength and conditioning techniques. Each student will be able to evaluate improvements in strength and fitness, as well as overall physical condition.

MATERIALS NEEDED:

- APPROPRIATE attire for physical education
- Weight lifting gloves (optional)
- Towel (optional...but encouraged)
- Folder with pockets
- Safety form **MUST** be turned in **BEFORE** a student may begin lifting weights. Form will be given on Day 1 of the course and is due back by Day 3. Failure to turn it in may result in a loss of points each day.

EVALUATION:

Grades are determined by points earned during class in two areas. 50% of your grade will be based on the amount of weight lifted during maximums at the quarter mark (see "Grading System" handout). The remaining 50% of your grade is based on daily points earned (see below). A final project will be assigned and will be worth 20% of your overall semester grade (county policy). Failure to complete the project and/or show up to school on exam day will result in failure of the course (county policy).

BREAKDOWN OF PARTICIPATION POINTS:

For every class, 5 possible points may be earned:

1 point each:

Warm-up: Warm-up is a very important part of class. Students will warm-up every day.

Attitude: Student has a positive attitude and exhibits enthusiasm and sportsmanship.

Effort: Full effort is expected from students every day. Anything less will result in a lower grade. If there is a discrepancy in effort, students will be assigned a heart rate monitor to track heart rate, and thus physical exertion level, throughout the activity.

Participation: Students are expected to participate in all activities, unless they have a note from a medical doctor excusing them from all physical activities.

Performance: Students are following the rules and regulations of the activity. Students are doing the assigned task.

****Virtual students, or hybrid students on their virtual weeks will get participation points via a fitness log. Because each student has access to different equipment, the activities will be open ended. Further instruction will be available on our Schoology page, as well as the fitness log itself.**

TARDINESS: School policy will be strictly enforced (see student Handbook)

ABSENCES: See policy in student handbook. Virtual/hybrid students are expected to check in every day, and have assignments turned in on time.

MAKE UP WORK:

Work missed due to an UNLAWFUL absence may NOT be made up (resulting in a zero for that day). Upon return from a LAWFUL absence, you have 5 days to make up work. It is YOUR responsibility to complete the make-up work in a timely fashion. For this class, make up work will be cardio in nature. You will do at least 20 minutes of cardiovascular activity at home. Write a description of the activity done, as well as the date of the absence, and have a parent/guardian sign the paper.

KEEP IN MIND...

- ❖ This is a Weight Training and Conditioning course. Expect to go outside throughout the semester for various cardiovascular activities and workouts. PLEASE dress accordingly.
- ❖ To get the most benefit from this elective course you must be present and participate! You CHOSE to take this class! Excessive absenteeism will result in not only a loss of participation points, but also a decline in strength, hence lowering your lift grade in the end. In addition, I reserve the right to NOT allow you to lift because of too much time missed (and risk of injury).
- ❖ I reserve the right to NOT allow you to lift if you use improper form. Proper form is a MUST in weight training. You will be trained how to lift properly.

Remember.... **PRIDE, ACHIEVEMENT, RESPONSIBILITY, RESPECT...**
*****THE DECATUR WAY, THE WAY TO GROW*****