

Dutchtown High School Weight Training Syllabus

Coach Myers

The Physical Education Department welcomes you to Dutchtown High School. Weight Training is regarded as an elective semester course. This course is designed to provide students with an opportunity to perform resistance type exercises through the application of concepts and principles toward the learning and development of weight training.

The course objectives, expectations, rules and regulations are outlined for students and parents to familiarize themselves with our weight training classes. The following rules and regulations have been established to ensure safe and meaningful weight training for each and every student.

OBJECTIVES:

1. The students will gain cognitive **knowledge** about weight lifting exercises and skills, benefits, safety procedures, nutrition and planning as it relates to weight/resistance training, thus, exposing them to a lifetime activity that they may choose to participate in later in life.
2. The students will learn to understand the importance of **conditioning** and **stretching**.
3. The students will improve their levels of **aerobic** and **physical fitness**. The students will be able to measure their level of fitness, heart rate, and target heart rate as well as identifying their individual strengths and weaknesses.
4. The students will learn multiple **skills** ranging from basic to advanced weight lifting and spotting techniques.
5. The students will learn to display **good sportsmanship and teamwork** through the use of spotting techniques.
6. The students will learn **responsibility** by being prepared for class, participating in daily activities, taking care of his/her personal belongings/school equipment, and following rules and regulations.

PHYSICAL EXAMINATION

A physical examination for each student is highly recommended to help identify students who have possible physical limitations, problems, and or disorders that may prevent him/her from participating in regular physical activities.

GENERAL RULES AND REGULATIONS

1. **RESPECT** everyone, their belongings and your surroundings at all times.
2. Be on time, prepared, and ready to participate.
3. No gum chewing, food, juice, hats, sunglasses, cell phones, listening devices (ipods, beats, etc..)
4. Follow all school rules, regulations, and policies.
5. Do not enter the P.E. offices, equipment rooms, gym, and weight room unless the teacher is present or prior consent has been given.
6. All students must actively participate. No horse playing!
7. Do not leave the designated P.E. areas until the teacher dismisses you. Failure to comply will result in you being marked absent or truant.
8. Behavior that is detrimental to a person's health and safety will not be tolerated.
9. All non-participants **MUST** have an excuse note. (Doctor/parent/guardian/etc...).

LOCKER ROOM RULES

1. Do not leave trash in the locker rooms
2. Bring your own soap, shampoo, towel and other toiletries.
3. Lock all your valuables... Better yet...**LEAVE THEM AT HOME!!!**
4. No horseplay in locker rooms.
5. Dispose all unwanted items in garbage can.
6. No food is allowed in the locker rooms.
7. Respect all school property. Do not deface or vandalize school property.

****Coach Myers and the Physical Education department will not be held responsible for any belongings stolen, lost or damaged from the lockers, or items left out on the benches.**

WEIGHT ROOM RULES

1. Be respectful at all times. No swearing, fighting, interrupting lifters, etc...
2. Re-rack all weights in the proper positions after use.
3. No Horseplay
4. Keep the noise level down (including stereo)
5. While in the weight room, students should be actively participating (lifting, spotting etc...)
6. Use all equipment properly, the way it is intended to be used.

WEIGHT TRAINING UNIFORMS

All students are responsible to bring their own clothes. Their activity uniform must be clothes other than what was worn to school. Students **MUST** wear the appropriate P.E. uniform in order to participate.

1. Dark color t-shirt
2. Dark colored athletic shorts. MUST be worn ON HIPS!!! (No jeans, corduroy, leather etc... shorts allowed)
3. Gym/athletic shoes with socks (No open toe shoes)
4. Towel

MAKE UP WORK

Students will be allowed to do make up work for any EXCUSED absences that may occur throughout the year. Activities will include physical activities such as a 1-mile run, written work, etc... Make up work will be handled on an individual basis.

UNEXCUSED NON-PARTICIPATION

Students will be allowed (1) unexcused non-participation mark without penalty. All other unexcused non participation will result in a zero for the day.