

# Currituck County High School

## Weight Training Class

Mr. Bossi

Tele # 453-0014 ext. 3033

[pbossi@currituck.k12.nc.us](mailto:pbossi@currituck.k12.nc.us)

### Class Syllabus

**Objective:** This course is designed to give the student a basic understanding of the body and its functions relating to personal fitness. Students will improve their overall health, strength, flexibility and cardiovascular endurance through a variety of stretches, weight training exercises and conditioning.

#### Grading Policy

Daily Participation & Dress-out: 80%

Max-out (Final Exam): 20%

#### Grading Scale

A	Superior	90-100
B	Good	80-89
C	Average	70-79
D	Below Average	60-69
F	Failing	59 & Below

#### 1. Background Required:

1. Good self-discipline and respect for teachers & peers
2. A desire to learn, develop and practice proper techniques in physical weight & cardiovascular training.
3. A desire to learn proper stretching techniques to improve flexibility.
4. Desire to learn about current health issues in today's society, diet and exercise.

#### 2. Learning Outcome:

1. Students will learn benefits for developing lifelong health and wellness.
2. Students will learn proper weight training techniques.
3. Students will learn the importance of safety in developing strength & cardiovascular training.
4. Students will gain a basic understanding of the muscular system and how it works.

#### 3. Classroom Requirements:

1. **Safety is rule #1** in the weight room, you must be on your best behavior at all times. If you are being unsafe, you will be removed from the class.
2. Students are expected to dress out each day for class in the required PE uniform Shirts/Shorts are \$10 each, Failure to do so will result in a 25-point deduction for the day.
3. There is a \$10 fee for students to purchase the PLT4M software for their Workout log.
4. Students are expected to be to class on time each day, failure to do so will result in a 25-point deduction for the day.
5. Students are expected to log in their workouts each day, failure to do so will result in a 25-point deduction for the day.
6. Students are expected to be to complete their workouts & assignments failure to do so will result in a 25-point deduction for the day.
6. More than 7 absences from class will result in a zero for each day. They can be made up, inquire within.
7. Students are expected to be on their best behavior during health class or they will be written up and dealt with by school administration.
8. **No cell phones, earbuds or electronics are allowed in class. Phones will be taken away and held until the end of the day.**
9. There are class rules that will be posted on the wall, anyone not following the rules will receive a 25-point deduction for the day.
10. Students will not leave the weight room area with permission from the teacher, failure to do so will result in a 25-point deduction for the day.
11. There is absolutely **NO EATING** in the **GYM or LOCKER ROOM!**

#### 4. Physical Education Requirements

##### A. Temporary Excuses

1. All notes must be from the student's parents, guardian or the office and state the reason the student cannot participate. (All notes are subject to verification by the Physical Education Instructor. The phone number where a parent can be reached should be included in the note.)
2. Any student with a physical disability should report his or her condition to the physical education instructor at the beginning of the school year. (Asthma, heart condition, etc...)
3. If a student is to be excused from physical education for a long period of time (more than one week) or constantly brings excuses from home, he/she must present a statement from the family doctor stating the reason for not taking part in physical education.
4. Students are required to dress out even if excused from participation.
5. Alternative assignments will be given during the time physical activity is restricted.
6. The student is responsible for telling the teacher if he or she is not physically able to complete an activity. (Ex. Severe pain, nausea, dizziness, shortness of breath)
7. There may be some activities, such as the fitness test, that must be made up when the student is able.
8. Rescheduling the class for later semester may be considered, if possible, if the illness or injury will prevent participation for an extended time.
9. **No Cell phones, iPods, headphones, ear pods or electronic devices allowed in class.**

##### B. Dress code

1. All students are required to wear a change of clothing for physical education. Shirts/Shorts are available for \$10 each.
2. **Dress code:** PE Shirt & shorts issued by school, (no cut off clothing will be accepted). The PE department sells shirts and shorts for \$10 each, you can buy as many as you like.
3. Proper footwear is required for PE class, (NO sandals, crocs or other leisure shoes allowed).
4. For safety reasons, students will not be allowed to wear **jewelry** while participating in PE. This includes earrings of any kind, watches, nose rings, belly button rings, etc....
5. Each student will be assigned a locker for storing gym clothes. It is strongly recommended that the student take home anything of value.
6. Students are not allowed to wear other student's PE clothes due to sanitary reasons. Both students will receive a zero for that day.
7. Students are strongly encouraged to take showers or at least bring a washcloth and deodorant.
8. Pants or shorts worn below the natural waistline or hanging off the hips will not be tolerated.

##### C. Equipment and Facilities

1. Students are expected to take care of the respect of Physical Education equipment and facilities. (Any student that abuses equipment and vandalizes facilities will pay for the equipment and will be dealt with by the principal.)
2. Students will be oriented in the care of the weight room equipment.
3. Students will not bring anything into the locker room that will not fit into his/her locker. (Coats, Athletic Equipment, etc....)
4. Currituck County High School **will not be responsible** for lost or stolen property so please lock up valuables.

Parent Signature: \_\_\_\_\_

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

Date: \_\_\_\_\_