

**Weightlifting
Course Syllabus
Anderson County High School**

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Course Description

This course is designed to equip students with the understanding of basic weightlifting routines, techniques, safety and knowledge of the human body and many muscles. Students will be able to explain what muscles they are using and why certain routines are done more than others.

Class Goals

1. Students will develop a knowledge and understanding of the human body and many muscles.
2. Students will be actively involved in a weightlifting routine that will be charted and assessed.
3. Students will demonstrate strategies for becoming and remaining faster and stronger.
4. Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.

Classroom Rules

1. Be in class on time and with all necessary materials.
2. Follow directions the first time they are given.
3. Respect others and yourself.
4. Keep your hands, feet, and potentially offensive comments to yourself.
5. Do your part to help maintain an environment that encourages learning.

What it take to be successful in my weightlifting class:

1. Make responsible choices and decisions.
2. Come to class prepared and ready to work.
3. Have a positive attitude about what you are doing.
4. Keep an open mind.
5. Take care of business!

Grading

A 92-100
B 83-91
C 74-82
D 65-73
F 64 or below
I Incomplete

Grades:

Participation/ Dressing	50%
Physical Fitness Assessment (Weight lifting sheets)/	
Tests	50%
Total	100%
Final	20%

Daily Grades/Dressing

Participation in class activities, wearing proper attire for physical activity.

Late Assignments

Late assignments are automatically half off. Assignments are considered late if they are not handed in when I collect them from others in the class. If you are not here, you are the one who needs to check and see if we took anything up.

Behavior Management Policies

As young adults, you are expected to make good, responsible choices at all times at ACHS, including in health and physical education. Failure to do so will result in disciplinary action.

1st Incident-Loss of Daily Grade points

2nd Incident-Contact Parents

3rd Incident-Referral

Note: Any steps can be skipped as a result of severe behavior offenses.

Expectations

Bullying

Tardies

Bathroom

Cheating

Course Outline Topics that will be covered

Muscles

Bones

Tendons

Cartilage

Upper body strength

Lower body strength

Core lifts

Class Procedures

-Go to your assigned seat immediately. Attendance will be taken

-You will have five minutes to change clothes and return to your seat.

-Activities will begin for the day

-You will be given five minutes before the bell rings to change clothes.

*****IF YOU ARE GOING TO BRING VALUABLES TO P.E. CLASS YOU MUST BRING A LOCK TO LOCK THEM UP. WE ARE NOT RESPONSIBLE FOR ITEMS TAKEN FROM THE LOCKER ROOM.*****