



**WEIGHT TRAINING
COURSE SYLLABUS
DELAMIELLEURE**

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COURSE OUTLINE

Weight Training is an elective class designed for students who have a true interest in improving their physical fitness levels. This 20 week course is designed to educate students in the area of weight training and **conditioning**. Throughout this course students will be working on improving their muscular strength, muscular endurance, flexibility and their overall physical fitness levels. Students will also be educated on the importance of nutrition and the role it plays in a student's life.

COURSE SET UP

Weight Training is a course that is designed to combine weight training along with cardiovascular type exercises to achieve the goal of improving students overall fitness levels. Students will be educated on a variety of weight training strategies three to four times a week. The other day or two will be used for cardiovascular training.

If you are an athlete in season you will be required to fully participate throughout your season

COURSE MATERIALS

Students should come prepared with the following materials

- Athletic shorts and shirts (Cardiovascular Training will take place outside occasionally so have warm clothes available)
 - Shorts must be fingertip in length.
- Athletic shoes – Students will not be allowed to participate without them
- Combination Lock (**You are required to use your assigned locker and use a lock**)
- Pencil – You will be notified when you need to bring a pencil to class.

TYPICAL WEEKLY SET UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weight Room	Weight Room	-Cardio Fitness (Timed Runs and Circuits)	Weight Room	Cardio Fitness (Game Days with Cardio) -Abdominals

Grading Policy:

In this class a large portion of your grade will come from daily participation & effort. There will also be grades given on projects throughout the semester. If you are absent from class on any given day you will not be awarded points for that particular day until you meet the make-up requirements for that particular day. Please see instructor as to what these requirements are. This goes for both participation points as well as assessment points. Please see below for the difference in these two grades.

Formative Assessment Points: You will have the opportunity to earn 4 points per day for daily tasks, social interaction, demonstration of proper techniques, following correct procedure, and the proper use of equipment. To earn these points you will have to dress in the proper clothing and take part in the day's lesson. These points will make up 20% of your total grade.

If you wish to make up a formative assessment you will need to complete the physical education request to retake form and submit it to your teacher within one week of scores being recorded.

Summative Assessment Points: Each week you will receive a summative assessment that will be a collection of daily assessments that week. Each day you are in class you will have the opportunity to earn 4 points that are based on standards, expectations, and effort. At the end of each week these small daily summative assessments will make up one weekly summative assessment. To earn these points you must follow the daily lesson and put forth your maximum amount of effort. These points will make up 80% of your total grade. Please see rubric below to understand how to earn your points every day.

Attendance: If you are absent from class on any given day you will not be given your points until you make up the work for that day.

No Dress Mark: Any student who does not dress for class will lose the total amount of points for that day. If a student receives 5 no dress marks for a marking period that student will automatically receive an F for the course. Each no dress a student receives will result in a 5% reduction in overall grade. (You are allowed to make up 2 no dresses outside of class)

Make Up Days: Students will be required make up each day they are absent from class or do not participate in class. Students will be allowed to make up 5 days per marking period outside of school on their own. A make up day form will need to be completed in detail for these days. Anything exceeding those 5 days will need to be made up before or after school at the teacher's discretion.

Assessment Scoring Rubric

Points	Requirements
4	On task entire hour and working extremely hard at every part of the lesson.
3	On task entire hour and working hard but not to maximum ability.
2	On task most of the hour but spend time off task stopping early or socializing.
1	Dressed but spend a lot of time off task not putting forth a lot of effort.
0	Student did not dress for class.