

Weight Training & Conditioning Syllabus

2010 - 2011

I. Course Description - Weight Training is a combination of classroom, weight training, and cardiovascular fitness activities. Students will take part in activities that will enhance cardiovascular fitness, muscular strength and endurance, flexibility and body composition. The benefits of exercise and its affect on the systems of the body will be introduced. The primary objectives of this course are to improve the health-related components of fitness and to enable the student to make intelligent decisions regarding fitness program design and application. Prerequisite: 9th Grade P.E.

II. Course Outline

Part I: Application of the Principles of Fitness

- Muscle Chart
- Anatomical Directions and Joint Movements
- Basic Physiology of the Muscular System
- Application of Muscular Balance Concepts
- Application of Cardio Fitness
- Application of Flexibility
- Application of the Principles of Fitness to Weight Training

Part II. Review Material

- 5 Health-Related Components of Fitness
- 4 Principles of Fitness
- Cardiovascular Fitness
 - Aerobic vs. anaerobic exercise
 - Calculating target heart rate
 - Application of the principles of fitness
 - Benefits of cardiovascular fitness
- Flexibility
 - Types of stretching
 - F.I.T. principle for flexibility
 - Application of the principles of fitness
- Myths Associated with Weight Training
- Review Terminology
 - Volume & intensity
 - Core & assistance lifts
 - Factors that affect muscular fitness
- Basic Muscular Fitness Concepts
 - Muscular balance
 - Workout stages
 - Rest between sets
 - Rest, recuperation, & over training
 - Benefits of muscular fitness

III. Assessment

1. Participation - 60% of total grade. This is based on 10pts per day in class. No Dress = Opts
Make ups for classes missed must be scheduled with Mr. Kerry after school
2. Final Exam - 20% of total grade.
 - Application of the Principles of Fitness, and exercises performed during class
 - Vocabulary on assorted topics related to weight training
3. Physical Tests - 20% of total grade.
Periodically throughout the term there will be tests measuring:
 - Muscular Strength (1 rep max, bench, squat, power clean)
 - Muscular Endurance (rep test for bench and squat)
 - Cardiovascular Endurance (mile run, loop, or pacer test)
4. Classroom - various worksheets related to muscular system as it relates to machines and exercises used in class.

Grading Weights:

1. Weight Training Participation = 60%
Your overall effort combined with positive attitude as seen by the instructor
Observation Rubric (based on 10pt scale)
8-10pts = On task, good pace in the gym, helpful to others
5-8pts = On task some of the time, you have to be asked to get moving, rarely push yourself in the gym, not helpful to others.
0-5pts = Rarely or never on task. You constantly drag the rest of the class down. Poor attitude. You blend in or hide.
2. Physical Tests and Written Quizzes = 20%
3. Weight Training Final Exam = 20%

Cell Phone/IPOD/MP3 Policy:

All electronic devices (cell phones, Ipods, MP3 players, etc.) should be kept in your school locker. If seen during class they will be confiscated.

- 1st offense:** parent/guardian contact with device returned at the end of the day.
- 2nd offense:** parent/guardian must pick up the device in the main office.

Tardy Policy:

If you are late to class and the doors to the PE locker rooms are locked, you may not enter. You may change in a bathroom or participate in the clothes you have on. An SRC tardy pass equals a tardy plus a no dress and loss of points.