



# Reynolds High School

## 0 Period Weight Training

*Building Relationships for Academic Success*

**Instructor Name:** Kyle Swoboda

**Room Number:** Weight Room

**Phone with ext.** 503-667-3186 x.1027

**Email Address:** Ksswoboda@rsd7.net

### Course Description:

This is a .5 credit semester elective PE course designed for those students who wish to improve their strength, endurance, and power. Students will learn, beginning, intermediate, and advance weightlifting techniques. Students will apply Periodization to their weight training program. This will include phases of endurance, strength, power, and a one repetition max testing. We will use a dynamic warm up and core conditioning components to improve individual fitness levels. The Bench, Squat, and Cleans lifts will be used to train the major muscle's movers. Auxiliary lifts will be used to complement and balance the core lifts. Students will demonstrate a basic understanding of the muscular system and physiological adaptations to resistive training.

### Class Schedule & Times:

Monday: 8:30am – 9:30am

Tuesday – Friday: 7:30am – 8:30am

### Communication:

I will communicate any changes with schedule or any announcements through Schoology or in person.

### Course Requirements / Expectations:

- Be on time and appropriately dressed that allows for full participation in class.
- Proper PE attire is Required. Wear an *unaltered* gray top and black bottoms, socks, and athletic shoes. No tank tops, shirts without sleeves, and cut off shorts are not allowed. These clothes must not be in violation of the school dress code as described in the student handbook.
- Dressing down for PE is required. Students will not be excused from dressing down and participating without the written recommendation from a Licensed Physician.
- Be responsible for personal items. Lockers and locks will be issued to each student for class. Put your personal property in the locker and lock it before class. The school is not responsible for lost or stolen items.
- Do not bring backpacks to class. Food, drinks, and gum are not allowed in class.
- No hats, Cells phones, and electronic devices of any kind. These items can be confiscated and returned at the teacher's convenience.
- Students will report any injuries or malfunctioning equipment to the instructor immediately.
- Students will adhere to the policies of the Reynolds Weight Room and Wellness Department.
- Students will be expected to participate in strength and fitness testing.
- Have a teachable attitude. Be responsible. Be helpful in all situations.

### Materials Needed for Class:

- Grey, sleeved shirt (may be purchased for \$5.00 from the school OR you can use your own).
- Black athletic bottoms (may purchase black mesh shorts for \$10.00 from school OR use your own shorts or athletic pants).
- Athletic shoes: any style of running or cross training shoe to wear daily
- Locker and Lock: The school will provide/issue this to you. Replacement locks are \$5.00 and may be purchased from school if lost or stolen (please do not share combination with anyone).

### Non-Dress Policy:

Participation is essential for success in this class, you must participate to show mastery. Part of participating is dressing down for class. The #1 reason students do not pass this class is because of not dressing down and not participating. When students do not dress down for class, their daily Mastery grade will be severely penalized. Non dress students will only a score possible of 2 of 10 points. A non-dress student is not meeting the requirement of being engaged in daily class activity. PE Make up opportunities can be used to make up for non-dress days.

### Grading Policy Description:

- 1) **70%** - Mastery: Warm-ups, participation, completion of workout
- 2) **30%** - Classwork: Max Lift assessments completed every 9 weeks, Technique checkoff for bench press, squat, hang clean, spotting the bench press and spotting the squat lift. Syllabus signed and returned to me.

**Standards:**

- 1) The physical literate individual demonstrates competency in a variety of motor skills and movement patterns. *Substandard PE.1.HS.1 & PE.1.HS.3 (Mastery)*
- 2) The physical literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. *Substandard PE.2.HS.3 & PE.2.HS.2 (Classwork/Mastery)*
- 3) The physical literate individual demonstrates the knowledge and skills to achieve and a health-enhancing level of physical activity and fitness. *Substandard PE.3.HS.3 & PE.3.HS.8 (Classwork/Mastery)*
- 4) The physical literate individual exhibits responsible personal and social behavior that respects self and others. *Substandard PE.4.HS.1,2,3,4,5 (Classwork/Mastery)*
- 5) **Standard 5:** Individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. **(Mastery)**

**Letter Grade Description & Percentage Breakdown**

Percentage	Grade	Description
100% - 90%	<b>A</b>	The student fully understands the content and the course objectives have been mastered.
89% - 80%	<b>B</b>	The student understands the content and course objectives at an above average level.
79% - 70%	<b>C</b>	The student understands the course content and course objectives at an average level.
69% - 60%	<b>D</b>	The student understands the course content at a below average level and a minimum of course objectives are met.
59% - 0%	<b>F</b>	The student has not met a enough of course objectives to pass a minimum level and receives no credit.

**Classroom Expectations - POWER:**

**P** -Punctual and Prepared (Come to class on time)

**O**-Organized (Prepared for class daily)

**W**-Writers (Syllabus)

**E**-Engaged (Engage in all activities)

**R**-Respectful (Respect the time, space, and property of others and good sportsmanship)

**Absence Policy:**

If a student is absent from class, they will not receive mastery (participation) points for the missed day. Students that miss class and are excused for the day may be able to recover their mastery points for the day missed by doing PE-makeups. These make ups will be offered by take home sheets to be filled out by students and guardian. **ONLY** students who have EXCUSED absences are eligible for PE Make Up opportunities. All School related activities are considered excused absences.

**Course Schedule/Outline of Units**

Week 1-8: Mastery, POWER, and Classwork (Daily workout progression, academic behaviors, technique checkoff)

Week 9: Classwork (MAX Lift assessment)

Week 10-17: Mastery and POWER (Daily workout progression, academic behaviors)

Week 18: Classwork (MAX Lift assessment)