



Reynolds High School

Weight Training

Building Relationships for Academic Success

Instructor Name: Chris Zeller

Phone with ext. 503-667-3186

Room Number: Weight Room

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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.

Course Requirements / Expectations:

- Be on time and appropriately dressed that allows for full participation in class.
- Proper PE attire is Required. Wear an *Athletic* top and black bottoms, socks, and athletic shoes. No tank tops, shirts without sleeves, and cut off shorts are not allowed and athletic shorts must be appropriate length for exercise. Dressing down 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. (WATER BOTTLES)
- 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:

- **70%** - Mastery: Warm-ups, participation, completion of workout
- **25%** - 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.
- **5%** - POWER: See POWER explanation below

Standards:

- 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)*
- 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)*
- 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)*
- The physical literate individual exhibits responsible personal and social behavior that respects self and others. *Substandard PE.4.HS.1,2,3,4,5 (POWER)*

Letter Grade Description & Percentage Breakdown

Percentage	Grade	Description
100% - 90%	A	The student fully understands the content and the course objectives have been mastered.
89% - 80%	B	The student understands the content and course objectives at an above average level.
79% - 70%	C	The student understands the course content and course objectives at an average level.
69% - 60%	D	The student understands the course content at a below average level and a minimum of course objectives are met.
59% - 0%	F	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 attending PE-makeups. These make ups will be offered during the semester by teacher arrangement. 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)

*****PLEASE return this page to your teacher with student and guardians' signature*****

I have read the Weight Training syllabus and the expectations of this PE course. I understand to succeed in this class, I will do my best to dress down daily, participate in all class activities, and follow the classroom expectations.