

STRENGTH & FITNESS

Course Syllabus *(5 Credits / 1 Semester)*

Course Overview

Students in Strength & Fitness will participate in advanced strength training exercises designed to improve muscle strength and overall fitness. This course will consist of: weight lifting, agility training, and anaerobic activity. Students will develop individual fitness profiles and plans. Students will also identify and understand muscle groups in relation to various exercises.

Materials

Clothing: gym shorts or sweatpants, t-shirts, and tennis shoes.
The clothing materials should not be the same clothing worn in other classes on the same day. Students not changing clothes for class will be issued a problem-solving and will lose points for that particular day of class. Students not dressing out for class will also be required to complete a worksheet(s) during the class period to make up the time missed not participating in class.

Grading

All grades will be matched to specific learning objectives (See Schedule of Student Learning Objectives). The student's overall grade will be based on the following categories and the percentages allocated to each category:

Physical Activity	40%	(Engage in physical activity.)
Motor Skills	20%	(Correctly performing lifts & activities.)
Plans/Profiles	10%	(Developing fitness plans & profiles.)
Physical Fitness	10%	(Know & use appropriate fitness levels.)
Social Skills	10%	(Weight room etiquette, encouragement, record keeping, & appropriate clothing.)
Tests/Quizzes	10%	(Various assignments & assessments.)

Weekly Grading / 50 Possible Points

20 Points (Physical Activity)
15 Points (Motor Skills)
10 Points (Physical Fitness)
5 Point (Social Skills)

Attendance

For each day a student is absent from class the student has yet to earn their points for "physical activity". All absences and assessments that are missed will need to be made up at the teacher's discretion. Students arriving late to class must have a signed note from the office or teacher. Problem-solvings will be issued for tardiness.

Injury & Illness

Students who are in attendance, but are suffering from injury/illness shall only participate in those aspects of class that do not jeopardize their current condition. Any assessments, which occur while the injured/ill student cannot participate in at that time, must be made up at the teacher's discretion.

Health Concerns

- 1) **If you are injured during class tell the teacher.**
- 2) If you have asthma, keep your inhaler with you during class.
- 3) Always report ANY health problems to the teacher.
- 4) Always be aware of your own protection and safety.

Lockers & Locks

Lockers and showers will be available for student use before and after class every day. Students will check out a school lock and a locker will be issued for use in the locker room. This will eliminate the problem of forgetting to bring clothes, shoes, etc. to school everyday for this course. **All items should be locked up at ALL TIMES.** ***Wahoo Public Schools is not responsible for any lost or damages items.***

Safety

Students must follow all safety rules. Always think before you act-common sense prevents many accidents. The weight room rules are posted in the weight room. Students not following the weight room/class rules will be subject to a problem-solving and/or other disciplinary action.

Class Routine

- 1) Change in locker room and meet in the gym or weight room. (Students are required to change into the appropriate clothing in the locker room of their gender.)
- 2) Attendance and announcements.
- 3) Warm up/stretch routine.
- 4) Lift Weights/Agility Drills/Aerobic and Anaerobic Activities
- 5) Post individual stretching.

****On weight room lifting days, please walk to the weight room from gym QUIETLY!!! PLEASE RESPECT THE OTHER CLASSES IN SESSION.**

General Weekly Schedule

3 Days a Week – Weight Lifting Exercises (Weight Room)
1 Day a Week – Agility Drills/Aerobic and Anaerobic Activities
1 Day a Week – Activity (Conditioning)

General Information and Procedures

- 1) If class is outside, stay with the class at all times.
- 2) Students leaving class for an athletic event must report to class for attendance and to be dismissed.
- 3) Students may not leave during the class period without permission.
- 4) Any student with a Problem-Solving issued to them will schedule a time to discuss the problem with the instructor. Any student who is not in attendance for the discussion of the problem will lose all of their points issued for that particular day the problem occurred. *Points lost and gained are at the discretion of the teacher.*

Class Rules

- 1) No profanity or foul language!!
- 2) Be respectful to others and all materials used in class at all times.

DO WHAT IS RIGHT! YOU KNOW THE DIFFERENCE BETWEEN WHAT IS RIGHT AND WHAT IS WRONG. IF YOU DO NOT KNOW, THEN ASK.