

**MOSINEE HIGH SCHOOL
WELLNESS EDUCATION DEPARTMENT
CLASSROOM EXPECTATIONS AND PROCEDURES**

Weight Lifting

Teacher: Mr. Voight

Office: located in high school boys locker room

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This is an elective physical education class for all sophomores, juniors, and some seniors. This is a ½ credit class (you must have 1½ PE credits to graduate). This course meets five days a week for one semester.

This course is based around “Health – enhancing fitness and personal fitness”. Students at the these grade levels will participate in physical activities that address each component of health – related fitness, including muscular strength and endurance, flexibility, body composition, as well as cardio-respiratory endurance. You will assess your own personal fitness status for each component. Students are introduced to various principals of training and how they can be utilized in improving physical fitness. Students will be able to interpret the results of physical fitness assessments and use this information to assist in the development of individualized physical fitness goals with little assistance from the teacher. Students should understand the physiological effects that various types of exercise have on the body. You will learn why fitness is important to your health and well being and how you can achieve a healthy level of fitness. The course gives you the opportunity and necessary tools to do quality analysis of your own personal health/fitness level to determine which areas you need to improve.

Grading: Students’ grades will be based on written work and performance activities which aligned to the Wisconsin Academic Standards for Physical Education listed below.

Wisconsin’s Academic Standards for Physical Education:

1. Student’s will exhibit a physically active lifestyle.
2. Student’s will demonstrate competency in many forms of movement and proficiency in some.
3. Students will apply concepts and principles of movement to the learning and development of physical skills.
4. Student’s will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
5. Students will achieve and maintain a health – enhancing level of physical fitness.
6. Students will demonstrate responsible personal and social behavior in physical activity settings.
7. Students’ will demonstrate understanding and respect for differences among people in physical activity settings.

Approximately 25% of your grade is based on “written work”. Written work includes:

1. Student portfolios
2. Worksheets and home work.
3. Logs and journals
4. Personal fitness analysis & fitness plans
5. Quizzes & Tests

Approx 50% of your grade is based on “daily performance”. Daily performance includes:

1. Come prepared for class activities.
2. Full participation & effort in all activities.
3. Respectful behavior, positive attitude, cooperation & sportsmanship.
4. Be on time & make good use of class time.
5. Demonstrate safety & use equipment appropriately

Approximately 25% of your grade is based on “skill performance”. Skill performance includes:

1. Demonstration of proper skills & techniques during various activities.

All students **MUST** dress appropriately for class. If you do not follow this requirement, you will receive a **NON – PERFORMANCE!** When the student receives 8 non-performances, 8 days with in a semester, the student will fail the semester class. Non – performances days **cannot** be made up.

Students may earn up to 5 points daily. These points are based on numbers 1-5 in the above daily performance list. Partial or complete lack of performance will result in a deduction of points.

Non-performances, absences, tardies, and deductions in points will be recorded by the Instructor. You **can** make up your daily points if your absence was excused. You are responsible for arranging time to make up activity days and written work with your Instructor. Activity days can be made up during enrichment or after school in the fitness room. Make ups are due within one week of your absence.

* Students with a medical excuse are offered adaptive and modified activities in accordance with a physician’s recommendation.

Behavior and Expectations / Policies and Procedures

* It is expected that you will come to class each day prepared with shoes & clothing appropriate for each activity.

* It is also expected that you will also have tennis shoes and work out clothes in your locker and available to you every day throughout the semester.

* Be in the gym when the bell rings and in your assigned seat, quiet and ready to start class when the bell rings. If you are not, expect to be marked tardy. **2 Tardies = 1 unexcused absence and the student handbook policy will be enacted.**

* Students will be allotted three – four minutes from when the bell has rung to dress and assemble for roll call, or a tardy will be earned. You will also have approximately five minutes at the end of class to change upon the teacher's discretion.

* Do not use equipment until you instructed to do so. Equipment is here for you to use. However, if you are using equipment inappropriately and carelessly and it is damaged, **you will be charged for it.** You are only allowed to use the equipment that the instructor distributes to you.

* Follow directions the **first time** they are given.

* Use positive comments only. No “put downs”!!

* Stay in the gym (away from the doors, behind the black line) until the bell rings or until dismissed.

* No food, pop, candy, ect. Is allowed in the class at any time. This includes the gym, fitness room, locker rooms and outside.

* The school will supply you with a locker & a combination lock. You must give your instructor your locker number and combination numbers in case an administrators needs to search your wellness locker. If unable to open your lock, it will be cut off. **If cut or not returned at the end of the semester you will be fined \$7.00.**

* All students should report any thefts of money, clothing, or damage to their wellness locker to their instructor. **Lock your locker during class to secure your property!!!**

* Lost & Found items may be picked up in the physical education offices. Check with you instructor.

****** STUDENTS ARE NOT ALLOWED IN THE PE OFFICE/ EQUIPMENT ROOM WITHOUT PERMISSION FROM YOUR WELLNESS EDUCATION INSTRUCTOR! ******

Necessary Materials for Fitness For Life:

T-shirt

Athletic shorts/sweat pants (no jean shorts or cargo shorts)

Athletic shoes (for the safety of all students, it is required that shoes be tightly tied)

Sweat shirt and out door clothing depending on the weather

Pencils, notebook & folder

Swim Suit (may do conditioning in pool..... if can be scheduled)

Mosinee High School

“WELLNESS EDUCATION CONTRACT”

“We have read and understand these Wellness Education policies and procedures of Mosinee High School. We also understand that if these policies are not followed, our student will not successfully complete this course.”

Students Name (PLEASE PRINT)

Class Period

Student's Signature

Date

Parent/Guardian's Signature

Date

Please sign and return this contract within one week.