

PHYSICAL EDUCATION 401 WEIGHT LIFTING SYLLABUS

Prerequisite: Physical Education 101 (PHY ED 101) & Physical Education 201 (PHY ED 201)

Credit: .50

Description: This course is designed to offer students a wide variety of health enhancing physical fitness activities. Activities will include both anaerobic and aerobic workouts. Such activities will include lifting weights, performing body weight exercises, cardiovascular workouts (treadmill, bike, elliptical, track), and high intensity cross-fit circuit training workouts. An individual who elects to take this course must be highly motivated and ready to work hard day in and day out. This course is not a walk in the park!

THE UNITS/ACTIVITIES PRESENTED WILL BE DEPENDENT UPON CLASS SIZE, WEATHER, GYMNASIUM SPACE, MATURITY LEVEL OF THE CLASS, AND EQUIPMENT AVAILABLE.

MAJOR CONCEPTS:	MAJOR CONCEPTS
1. KNOWLEDGE OF BASIC MUSCULAR TERMS.	5. HOW TO CREATE OUTCOME BASED GOALS & PROGRAMS –Cardio & Weight Resistance.
2. COMPREHENSION OF DIFFERENT TYPES OF WORKOUTS.	6. THE IMPORTANCE OF DERIVING PLEASURE FROM PARTICIPATING IN PHYSICAL ACTIVITY.
3. KNOWLEDGE OF ADVANTAGES & DISADVANTAGES OF DIFFERENT WORKOUTS.	7. THE IMPORTANCE OF RECORDING <u>DAILY</u> ACCOMPLISHMENTS.
4. UNDERSTANDING OF SPECIFIC WORKOUT PROGRAMS.	8. APPRECIATION FOR STUDENTS WITH VARYING LEVELS OF ABILITY AD DISABILITY.

GRADING POLICY - PHY ED 401

SUMMATIVE=75%	FORMATIVE=25%
Participation-Daily/Weekly Points <ul style="list-style-type: none"> ▪ 18 weeks total (3-6 weeks) 	Major Worksheets/Tests For Specific Concepts: <ul style="list-style-type: none"> ▪ Concepts/Terms presented
Specific Cardio Assessments=Fitness Center: <ul style="list-style-type: none"> ▪ Time ▪ Distance ▪ Calories 	Articles (3-4): <ul style="list-style-type: none"> ▪ Pertinent to a Major Concept/Unit ▪ 7 Questions to Answer ▪ One each 6 week grading period
Specific Weight Lifting Assessments=Fitness Center <ul style="list-style-type: none"> ▪ Weight ▪ Reps ▪ Sets 	Specific Workout Assignments: <ul style="list-style-type: none"> ▪ Cross-fit ▪ Cardio ▪ Aerobic
Create Personal Weight Lifting programs: <ul style="list-style-type: none"> ▪ Computer Lab time warranted 	Group Presentation: <ul style="list-style-type: none"> ▪ Cardio &/or Weight lifting
Create Personal Cardio Programs: <ul style="list-style-type: none"> ▪ Computer Lab time warranted 	
DAILY LOG OF PERSONAL PERFORMANCE RECORDED	

✓ **ABSENCES:** Students returning to school after an absence must assume the responsibility for making all work missed. The teacher reserves the right to provide an alternate assignment or activity for the work missed. Students who are provided an alternate assignment(s) are not guaranteed the same grading criteria.

✓ **DOUBLE POINTS ARE AWARDED ON THE BLOCK DAYS!**

ATTENDANCE IS A MUST! ATTENDANCE IS A MUST! ATTENDANCE IS A MUST!

DOUBLE POINTS ARE AWARDED ON BLOCK DAYS!!!!

Written Final Exam = 25 %

**WILMOT UNION HIGH SCHOOL
PHYSICAL EDUCATION DEPARTMENT**

General Rules Expected Of All Students:

*****REPORT ANY INJURY TO THE TEACHER IMMEDIATELY*****

1. Cooperation and sportsmanship to be displayed towards the teacher and all class peers.
2. No use of profanity.
3. The **student** assumes the responsibility for making up all missed work during an absence(s).
4. It is **your responsibility** to inform the teacher why you can't participate that day.
5. Only a **MEDICAL STATEMENT** will officially excuse you from participation.
6. **MANDATORY DRESS REQUIREMENT:** Freshman, sophomores, juniors, **and seniors** will purchase and wear the required school uniform as mandated by the Wilmot School Board. In addition, a pair of athletic shoes is mandatory. It will be expected that shoes are properly tied so that they will not come off during active participation.
7. NO UNIFORM=NO PARTICIPATION FOR THAT DAY.
 - **Each no participation will affect the six week grading period/semester grade.**
 - **More than two (2) no participation per six week grading period will result in failure** for the grading period.
 - The sixth (6) **accumulative no participation** will result in failure for the **SEMESTER!**
 - You will **NOT** be able to "make -up **"NO PARTICIPATION DAY(s)!!!**
 - **Only excused absence(s) can be "made-up."**
 - There are three (3) six week grading periods in a semester. **Each** six week grading period is **25%**.
 - The ***written semester exam will be worth 25%.***
 - Just because you dress for each class will NOT guarantee a passing grade-getting dressed is expected.
8. ATTENDANCE IS A MUST!! ATTENDANCE IS A MUST!!

*****DOUBLE POINTS ON BLOCK DAYS*****
9. You are expected to be **IN** the LOCKER ROOM when the bell rings for the class to start and remain **IN** the locker room until the final bell rings. Coming late and/or leaving early without a pass **WILL** AFFECT your daily/final grade. *This includes standing out in the hallway before the final bell rings.*
10. Students are expected IN THE GYM no later than 5 minutes after the final bell.
11. You will be given only your locker combination- **LOCK YOUR LOCKERS!!**
12. The athletic locker rooms will be locked during the school day and access will not be granted.
13. NO FOOD OR BEVERAGES IN THE LOCKER ROOM. (School Policy)
14. **COME TO CLASS WITH A POSITIVE ATTITUDE AND CONTRIBUTE TO THE BEST OF YOUR ABILITY EVERYDAY!!!**
15. Listen + Follow Directions (1st time instructed) + 100% Positive/Attitude=SUCCESS!!

After you have LISTENED and READ ALL the above statements, SIGN your name and RETURN to the teacher.

STUDENT NAME: _____ DATE: _____

PARENT/ GUARDIAN (signature) _____ DATE: _____

(Freshman Only!)