**SANTA ROSA HIGH SCHOOL**

**Weight Training SYLLABUS**

**Physical Education: MISSION STATEMENT**

In the Physical Education courses at Santa Rosa High School, the foundation for a physically active lifestyle is firmly laid, so that students become independent learners who initiate and monitor their own participation in physical activity. This class promotes an active lifestyle and improved health, motor skill development and better cognitive performance.

**Weight Training: COURSE OBJECTIVES**

This class is designed for students wanting to learn and practice weight room activities and develop their own training programs. These activities may include and are not limited to: Plyometrics, weight machines, free weights, circuit training, goal setting, cardiovascular activities, speed training, fitness tracking, projects, write ups, test, etc.

**EXPECTATIONS**

* Students should be in class on time ready to work.
* *Wear appropriate fitness clothes that follow the SRHS school dress code for example: Shorts, T-shirts, Sweatpants and Sweatshirts*.
* Athletic shoes with laces securely tied. Slippers, flip-flops, UGHS, and boots are NOT allowed.
* In order to maintain good class management, provide for the safety of all students and promote the practice of lifelong, good citizenship and sportsmanship, students will be expected to exhibit appropriate class behavior and show respect for the teacher, classmates and all equipment.
* **Actively engaged in all activities during the entire period.**
* Be safe and think of the safety of others; inappropriate or dangerous behavior **will not** be tolerated.
* Profanity is not tolerated.
* **STUDENTS ARE NOT ALLOWED TO BRING ELECTRONIC DEVICES OF ANY KIND, HEADPHONES, SKATEBOARDS OR BACKPACKS TO CLASS.**
* Students are not allowed to chew gum in class.
* Re-rack your weights in the weight room.
* Follow all safety rules in the weight room.
* Do not leave class without permission and a pass from your teacher.

**PHYSICAL EDUCATION UNIFORM/LOANER CLOTHES PROGRAM**

If for some reason a student does not have their appropriate fitness clothes, they are required to go to the Physical Education office to obtain loaner clothes to wear for the class period. **ALL STUDENTS MUST BE IN APPRORIATE FITNESAS CLOTHES DAILY. NOT DRESSING FOR CLASS IS NOT AN OPTION.**

When student barrow clothes they will lose 1/2 of his/her points that day. Loaner clothes will be returned at the end of the class period, and laundered by the Physical Education staff.

**Suit Cuts:** Students must be in the appropriate fitness clothes in order to participate. Jeans, dress pants, skirts, dresses, Sports Bra s are not allowed, and will result in a loss of points. A refusal to dress for class participation, will be considered defiance. I am giving all students a chance to be successful, by implementing the loaner clothes policy.

If a student refuses to dress, the teacher will counsel the student, document the incident in writing, and call home. Student will lose points for the day. If this should occur again, the student will be sent to the Assistant Principal with a referral, listing both/all dates in which this has previously occurred, and a parent/student/teacher/administrator conference will be held. Student will again lose his/her points for the day. On the 3rd and subsequent refusal to dress, parent will be called, referral will be given, student will lose points, and a class suspension will be given.

**OPTIONAL UNIFORM**

Shorts $10

T-Shirts $10

Sweatpants $20

Santa Rosa High P.E. Sweatshirts $25

**GRADING**

Assignment of grades shall be based on the same standards as in any academic class. An “A” in Weight Training shall represent excellence in performing:

* 1. Participation in daily routines
* 2. The skills of the activities.
* 3. Demonstrate knowledge and principles of training.
* 4.Fitness tracking

Grades will be based on participation in the weight room, speed and endurance training, as well as effort.

Points will be subtracted daily for:

* Not wearing appropriate fitness clothes or not participating in activity, tardies, un-sportsmanlike conduct, and inappropriate shoes. Not re-racking weight, not following weight room safety rules, not keeping track of fitness log.

 **ABSENCES**

All absences must be cleared through the attendance office. Failure to do so will result in a cut and zero points for the day. All excused absences must be made up for full credit one week from returning to school. Make-up work can be picked up in the P.E. office or online @ **santarosape.weebly.com/make-up-work.htm**

**MEDICAL EXCUSES**

* A note from home will excuse students for up to three days if they are ill or injured.
* A doctor’s written statement is needed for more than 3 days. Students who are on long term medicals will be required to do a written report. Long term medical will be 10 days or more.
* Students who feel ill but attend school must dress for class and will be allowed to sit out or modify participation.

It is your child’s best interest that we work together in relation to their education. Please sign the attached form and return it with your child tomorrow. If you have any questions or comments, you may email your child’s teacher. Grades and progress can be viewed on the Home Access Center.

**Weight Training Instructor**

Ryan Terschuren rterschuren@srcs.k12.ca.us

P.E. Department Website: santarosape.weebly.com

------------------------------------------------------------------------------------------------------------------------------------------ I have read and understand how my child will be graded and I will do my best to support him/her in being successful in this class.

Student’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period:\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_

 (Please Print)

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and understand how I will be graded and will do my best to excel in this class!

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Santa Rosa High School**

**Weight Room Safety Rules**

**These rules must be followed at all times. It is for your safety.**

1. You are only allowed to be inside the weight room with an instructor present.
2. Only lift the exercises you have been instructed to do.
3. No horsing around, pushing, distracting another student.
4. Work with a partner that is close to the same strength and encourage each other to improve.
5. You must always use safety clamps when using any plates on any bars.
6. When using plate loaded machines be sure the pin is in properly.
7. Keep your hands away from moving parts or plates.
8. Always use correct form when doing any exercise.
9. Warm up using light weights before lifting heavier weights.
10. Have your partner spot you when lifting free weights.
11. Make sure you have room to do the lift properly, especially with dumbbell lifts.
12. No food or drink other that water is allowed in the weight room.
13. If a machine appears to be broken notify the instructor.
14. Rack all plates and dumbbells after you use them.
15. If you get sweat on a bench or bar it is your responsibility to wipe it clean after you are done.
16. Benches and machines are not chairs and are not to be used as such, do your workout and move on.
17. Do not stay at one machine for a long period of time.
18. Lift slowly and breath correctly, never hold your breath during a lift.
19. If you start to feel dizzy or light headed, stop lifting and notify your instructor.
20. Be sure your clothing does not restrict your movement during a lift.
21. Keep the weight room clean, if you did not drop it, it is ok to be the one to help clean it up.

**I have read, understand, and agree to follow the rules for the weight room.**

**Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**