

JEFFERSON ACADEMY HIGH SCHOOL WEIGHT TRAINING COURSE SYLLABUS

Instructor: Terry Witkowski

Contact Info: twitkowski@jajags.com

Cell: (262)719-7058

Office Hours: M,W,R,F 7:30-8:20, I can be easily reached over email!

Secret Word: Gains

WEIGHT TRAINING COURSE DESCRIPTION: The student will learn to safely use the weight room, facilities, and gymnasium. The course goals will provide the student with knowledge and ability to execute basic training skills and strategies associated with each activity. The course will introduce beginner, intermediate and advanced training techniques within each lift. In addition, history, fitness and PE foundation lessons will be provided for this course.

READING AND WRITING: Reading and some writing assignments are integral and critical components of the program. In class assignments will call for written responses. There will be a Physical Fitness Assessments weekly.

Course Grading:

- Grading for this course will be determined by a combined score of student activity.
- Daily grading is 20 points per day. Five (5) points for attendance, five (5) points for participation, five (5) points for being dressed in physical education gear and (5) points for student respect and behavior.
- Each student will have 5 to 7 minutes to change and prepare for class. Students will be considered tardy if they are not in the gym / weight room completing warm up jog or at assigned attendance spot. Two attendance points will be taken from daily points for unexcused lateness.
- Class written assignments will be checked for thoroughness and accuracy, with credit for each completed assignment.
- Homework could be assigned for lessons.
- A final shall be given each quarter.
- A student will accumulate points; the total number of points earned shall establish a percentage of the total available and a grade assigned accordingly.
- Each student will be responsible to store gear safely, for each class.
- Students are required to wear physical education gear each day. Proper work out shoes mandatory.
- Each student will be expected to participate in all class activities. No food in the weight room per policy.
- There will be ZERO tolerance for academic dishonesty.
- The academic environment consists of a disciplined / professional class setting with dignity for all our students. Inappropriate language is not acceptable.

Methodology: P E courses are primarily taught using student participation, testing, and skill rubrics.

COURSE MATERIALS:

1. JA PE T-Shirt / Gym shorts or sweats / gym shoes
2. Locker (lock will be provided by school for \$5.00 rental fee) first come first serve basis

LOCKER ROOM POLICY: Jefferson Academy is not responsible for lost or stolen items. Students must properly store items, (backpacks containing money, electronic devices) in a locked locker. If all lockers are in use, please keep valuables safe. **There will be no hazing/bullying or destruction of property in the locker or weight room.**

Bowling Activity: Once each quarter, the class will have a mandatory field trip to Fat Cats located in the Westminster Promenade across from the AMC Theaters. Our staff is looking for parent drivers to assist in taking students to Fat Cats and return trip back to school. Please call if you are available during your student's block. Background checks are needed for volunteer drivers / Easy Form in Office.

Attendance and Make-Up Work: If a student is absent, (excused), it is his/her responsibility to make up missed work. Students have the required time (see student handbook) to make up for daily missed points. All physical education classes can be made up with 60 minutes of recreational / sports activity outside of the classroom setting. (unexcused) Makeup work shall be allowed following an unexcused absence including suspension, with the goal of providing the student an opportunity to keep up with the class and as an incentive to attend school. Students who complete the required makeup work within the required timelines will receive 98% academic credit earned for the makeup work with the following exception. All makeup work for unexcused absences will be penalized one letter grade from the grade earned.

Electronics: Students electronic usage may only be used for the following in the weight training course: PLT4M App for recording workouts, using music earbuds/earphones for workouts and running track/parking lot and fitness gram recording. All tech and electronic devices when not used for specific work out policies should be locked safely in student's locker. If a student chooses to bring an electronic device to class, during unspecified times, the following disciplinary measures will be implemented: First offense: Faculty will confiscate the device and take it to the office. A student can retrieve the device after school that day. Second offense: Faculty will confiscate the device and take it to the office. Only a parent can retrieve the device after school. The office will not call the parent. It is the responsibility of the student to let the parent know. Third offense: Faculty will confiscate the device and take it to the office. A parent conference with administration will be required before the device will be returned. If the student continues to defy the faculty and administration and this policy, s/he will encounter more severe consequence.

OUTLINE OF MAJOR UNITS, TOPIC, AND /OR ACTIVITIES: Biomechanical Foundations / Circuit Training / Exercise Physiology and Fitness / Fitness for Life Units / Fitness Gram / Historical Foundations of PE / Insanity Series / P90 X Stretching and Yoga / PLT4M Program / Sports and

STRENGTH TRAINING AND WEIGHT ROOM SAFETY

Strength and conditioning programs offer many benefits to students and athletes including increased performance level and reduced injury risk. However, the benefits of strength training are diminished with improper technique, lack of discipline and inadequate weight room safety.

Weight Room Safety Appropriate personal conduct in the weight room is important for creating a safe and positive environment for everyone. Nonsense behavior has no place in a well-designed program. Coaches and athletes alike will always respect each individual's abilities and rights.

Keep the weight room clean and free of clutter. Equipment left lying around can cause an accident.

Proper Technique Coaches and athletes need to understand the biomechanics that can lead to a strength training injury. Injuries from strength training most often occur in the back, shoulders and knees.

The back is directly or indirectly involved in most lifts. Extremely high compressive forces are placed on the discs when weights are placed on the arms and shoulders. A moderate arched lower back position has been found to be better overall, compared to the extreme arched and rounded lower back. Because of the overall looseness of the joint, the shoulder is particularly prone to injury. The upper arm bone (humerus) can actually move one inch in the shoulder socket (glenoid cavity). The shoulder relies on the ligaments, shoulder joint capsule and muscles for stability. Incline bench pressing and military press exercises place the greatest stresses on the shoulder joint.

The kneecap (patella) is especially prone to injury because of the movement associated with repetitive bending and squatting exercises. Athletes need to learn proper standing and squatting techniques, including keeping feet shoulder width apart and knees and ankles in alignment during each lift.

Discipline A few general rules can make a well-designed strength and conditioning program successful:

- **Clothing:** Always wear appropriate clothing while performing exercises including JA PE shirt, shorts or sweat pants, and a good pair of cross-training shoes. Flip flops should not be worn.
- **Partners and spotters:** Individuals should be placed with a partner with similar lifting abilities and should always use a spotter to help complete lifting exercises.
- **Appropriate weights for athlete's size:** Using weights that make it difficult to perform the last rep or two have been shown to give individuals the greatest development in power. However, athletes should understand how to perform each exercise properly and complete the exercise in a full range of motion. Lifting more weight than an individual can comfortably control will hinder proper technique and increase the potential of injury. Slow precise movements have demonstrated an overall increase in an individual's strength and performance.

- Age-appropriate equipment: Depending on experience levels, individuals should be restricted to begin with light weight movements and concentrate on correct form. Once these individuals are able to complete an exercise with proper technique, they may start gradually adding weights provided they are able to maintain proper technique throughout the exercise.
- Repetitions: For younger athletes, the amount of resistance should stay light to allow for more repetitions. Repetitions of eight or more should not be used until athletes are age 14 or older.
- Proper breathing: Breathe in when lowering a weight and breathe out when pushing the weight. Holding the breath can cause an individual to pass out, resulting in major injuries.
- Lock grips and collars: Use lock grip clamps and the use of collars to hold weights in place, will decrease the risk of an injury. Never drop the weights to the floor, especially the dumbbells.

Following simple rules can make a strengthening and conditioning program an enjoyable part of sports training.

GRADING SCALE:

A: 90 – 100%

B: 80 – 89%

C: 70 – 79%

D: 60 – 69%

Below 60% - Try again next time.

When a student EARNs a..... It Means Grade = A (95%) Students who EARN an A grade in this course are exceptional students who met the objectives of this course. They completed work on time with proficiency, quality and creativity. Demonstrate an excellent understanding and are prepared each day. Grade = A (94% - 90%) or B Above average student meeting all objectives. Complete work on time with accuracy and demonstrate understanding of all content. Grade = C Average student meeting just the basic objectives of the course. Complete work on time and meets minimum expectations. Grade = D/F Perform below average or unsatisfactory and avoid responsibility. Exhibits poor mastery of all content.

Weight Training Course Syllabus Assignment Q1 2019:

25 points

Due Date: 3rd day of quarter, or 3rd day after late registration into class.

Please sign and return this form, indicating you have read the course syllabus information.

Student Name: _____

Student Signature: _____

Parent Name: _____

Parent Signature: _____