**Jefferson Academy Secondary School**

**Weight Training and Athletic Conditioning Course Syllabus**

**9th – 12th Grade**

Instructor: Tegan Poulton

Contact Info:[tpoulton@jajags.com](mailto:aziemer@jajags.com)

Phone: (303) 465-7663

Office hours: Monday-Thursday 740am-815am by appointment

**Course Description**

This Weight training and Athletic Conditioning course is designed to educate students in key areas of health and fitness. The main areas of focus include muscular strength and endurance, cardiovascular endurance, power, flexibility and balance. Students will learn specific body weight, weightlifting and powerlifting techniques, recovery techniques pre and post exercise, and will be able to design a weight­ training and conditioning program that is realistic, individual and attainable for the students specific goals. In addition to learning weightlifting techniques, students will learn about human anatomy, the importance of mind and body connection during physical activity, and specific spotting and safety practices during specific lifts.

**Due to the nature of this course, NO late work will be accepted. Any work turned in past the due date and time will receive zero credit.**

**Class Expectations**

NOTE: This course does require a high level of physical activity that will test your strength, endurance and mental stamina. My expectation from you is you do your best and you challenge yourself outside of your comfort zone. As my Olympic coach once said:**“No citizen has a right to be an amateur in the matter of physical training… How beautiful it is to see woman or man grow and recognize their beauty and strength of which his and her body is capable of physically and mentally.”**

WIth this class being an elective course, it is an expectation that you participate, and demonstrate positive effort and attitude on daily basis. Daily objectives & expectations :

*● I can be respectful of equipment, self & others.*

*● I can demonstrate cooperation & safety during weight training and conditioning activities.*

*● I can demonstrate proper technique while performing weight training and conditioning activities and knowing the muscle groups I am using*

*● I can support my peers during training activities through support, encouragement, and assistance.*

**Food and Beverage:** Food will NOT be allowed in the weight room at any time. Sealed water bottles are allowed! Frequent water breaks will be given each class. The number will depend on the intensity of training students will be doing each day.

**Mobile phone usage:** Unless instructed by Ms Poulton to use a device, mobile phones and any sort of device will not be allowed in the weight room. Failure to comply with result in points deducted under the “formative assessments” section.

**Behavior:** Every individual in class has the right to feel comfortable and supported by all members. There is a ZERO tolerance policy for any sort of harassment bullying, and inappropriate behavior. Failure to behavior in a mature, responsible way will be dealt with accordingly and may result in a ZERO for this class. Students are expected to adhere to the JA Parent / Student Handbook, Code of Conduct and the Jeffco Public School Handbook procedures and policies. If your student feels uncomfortable with any situation before, during, or after class they are strongly encouraged to speak to me or with the administration. If your student is offended in any way, please notify us of the incident as soon as possible so that it may be dealt with in an appropriate manner.

**MATERIALS**

**Uniform:**All students are required to dress appropriately for this class. The following clothing MUST be worn for each class:

* JA PE t-shirt (IF you do not have one, you may purchase one from Ms Poulton for $6, cash or check made out to JA)
* Appropriate length athletic shorts, sweats/ capri’s (NO SPANDEX PLEASE)
* Tennis shoes (No open toed shoes, due to the intensity of training, please ensure your shoes have enough foot and ankle support)
* DEODORANT (Not too much, but not too little either!)
* Work book to take notes/ log fitness progression

Failure to dress out correctly will result in points deducted from students overall grade.

**Assessments and Grading:**

**In order to receive assessment information and weekly homework tasks, you MUST sign up to google classroom to access links and articles. GC code is as follows: dwxlqd**

This course includes a variety of formative and summative assessments which is graded by a total point system.

Summative Assessments (60% weighting total): These are designed to show what you have learned at the end of units/components or areas of study. Summative assessments in this class will include the following:

* Written Tests and Skill Tests (10%)
* Fitness testing and lifting technique testing (10%)
* Reflections and Article Reviews specific to anatomy and types of training (10%).
* Create/Design/Reflect/Explain different training programmes (15%)
* End of quarter final (15%) **NOTE:** This will be a physical and verbal assessment.

Formative assessments (40% weighting total): These are designed to show your continued growth and see how well you are progressing each week. Formative assessments in this class will include the following and will be graded weekly:

* Daily participation/ correct attire (This includes coming to class on time, 10%)
* Support of peers/ respect for the equipment and classmates (10%)
* Correct execution of technique when learning new lifts each week (20%)

Formative assessments are graded DAILY.

**Re­takes and fitness test make­ups:** Retakes and make­ups of summative assessments will be available. Specific arrangements will be made with Ms Poulton on when the test(s) will be scheduled.

**Injuries/ pre existing conditions:**

ALL students are required to notify Ms Poulton of ANY injuries or pre existing medical conditions that may affect their participation in daily weight training activities. A doctor's note is required if any injury/illness is sustained throughout the quarter. Activities that you do in this class will be modified accordingly to the injury/illness that has been sustained.

If you have ANY questions, please feel free to reach out to me via phone or email. As previously stated, this course is designed to build on/ introduce new lifting and training techniques and allow students to realize their full physical and mental ability when it comes to training.

**Please have this signed, and turned into me NO LATER THAN Thursday January 10th**

Student Name:

Student Signature:

Parent Name:

Parent Signature:

**NOTE: IN order to participate fully in this class and be in the weight room, parents and students MUST read and sign the waiver that is attached. Failure to have this waiver signed by Wednesday January 9th may jeopardize your ability to participate in the class for the quarter.**