

Weight Training Course Syllabus

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Room: Weight Rm

Course Description:

This course aims to introduce students to the fundamental principles of strength and conditioning. The goal is to enhance the muscular strength/endurance, flexibility/mobility, and overall fitness of student-athletes. Our focus is on developing the student's strength, power, flexibility/mobility, and core through effective programming. Our strength and conditioning program follows the physiological principles of overload, progression, and specificity. Students will gain an understanding of the essential role that strength, conditioning, and proper nutrition play in athletic performance and injury prevention. The course will cover important topics such as the contributions of strength and conditioning to athletic excellence, safety, diet, and weight management.

***Weight training follows the six GPS performance standards listed on the following link:**
www.georgiastandards.org

Class Structure:

Our strength and conditioning program is designed to take an integrative approach by combining movement-specific training with core and flexibility exercises. Every muscle group will be worked through its full range of motion, with an emphasis on proper technique to ensure adequate muscular response and reduce the risk of injury. The training programs will include cardiovascular conditioning, strength training, power training, and speed training.

Class Objectives:

Students will be able to:

- Perform various strength training exercise with proper form.
- Demonstrate correct biomechanical technique while performing all exercises to enhance muscular response and injury reduction.
- Apply correct safety/spotting techniques in the weight room.
- Demonstrate and apply overload, progression, and specificity principles in strength training.

Class Expectations:

***STUDENTS WILL MAINTAIN AND USE ALL EQUIPMENT APPROPRIATELY WHILE PARTICIPATING. ANY STUDENT WHO DAMAGES OR BREAKS WILL BE RESPONSIBLE FOR PAYING FOR THE DAMAGES OR REPLACING THE EQUIPMENT!**

Chrome book statement: "All students are issued a district-provided chrome book for instructional purposes, student engagement, and student learning. Chrome book use is at the direction and discretion of the classroom teacher."

1. **RESPECT OTHERS!** Pay attention, do not talk while someone else is talking, and encourage your classmates/teammates to reach their full potential.
2. Follow all normal accepted behavior policies outlined in your student handbook.
3. **BE ON TIME FOR CLASS!** The school tardy policy in the student handbook will be followed.

4. Be dressed out in clothing appropriate for weight training. (No jewelry on arms/hands or dangling earrings).
- 5. No FOOD or drinks in the weight room/only water.**
6. No Horseplay. Students that can't be serious enough to train will be removed from class, and conduct will be reported to their respective coaches.
7. Athletic shoes **MUST** be worn. **NO FLIP FLOPS, BOOTS, SANDALS.** You will not be considered dressed out unless you are wearing proper shoes.
8. Students are expected to train **DAILY...EVEN ON GAME DAY.** Only a note from a **PHYSICIAN** may excuse a student from participating.
9. Students will be given a locker to use daily. They are encouraged to lock up their property during class. The teacher will not be held responsible for lost or stolen items. Students must remove all their items at the end of each period.
10. ***This class is designed to make YOU better....come with the right attitude/no complaining.***

WARHAWK WEIGHT ROOM CULTURE

- Be on time
- Be detailed
- Transition efficiently
- Tempo always pushed
- Do every rep every set no matter what
 - Great technique on everything
 - Attitude positive
 - Energy produced and demanded
 - Effort maximal
 - Coachable always

Class Schedule:

-Dress out/report weight room

Grading/Course Requirements:

Major Assessments (School Min = 5)

45%

***Participation Grade**

-determined by the daily participation of all activities. Weekly grade is calculated by dividing 100 by the number of days in the week to determine the value for each day a student does not participate in daily workouts. Students must bring a doctor's note to be excused from a workout.

Minor Assessments (School Min = 8)

20%

***Performance/Progress/Fitnessgram**

-student performance and progress will be measured throughout the course by various means including the timed mile and half mile, strength max out, vertical jump increases, etc.

Daily Work (School Min=15)

15%

***Dress Grade**

-Determined by having the proper shoes/clothing to participate. Weekly grade is calculated by dividing 100 by the number of days in the week to determine the value for each day a student does not dress out. Dress grades will be assessed weekly.

Final Exam (School Min=1)

20%

-This course includes a cumulative exam at the end of the semester. The final exam during the first and second semester is worth 20% of the semester grade.

Google Classroom

To encourage blended learning, online assignments will be posted weekly through Google Classroom. At least one Google Classroom assignment per week will be graded and entered in Infinite Campus. Students should be familiar with how to navigate the online platform, communicate with their teacher, and submit assignments on time. If there are technology limitations, please notify the teacher.

Steps for Google Classroom Log-In:

Step One:

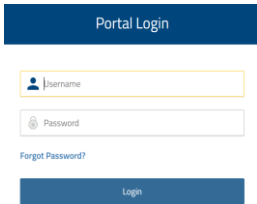
Go to the county's website and click on SSO Portal.

Or, click on the link below:

<https://portal.hcbe.net/auth/Login.aspx?ru=L3Nzby9wb3J0YWw=>

Step Two:

Students should sign in using their school/county username and password. If you have questions on your username and password, please ask your teacher.

A screenshot of a web portal login interface. At the top is a blue button labeled "Portal Login". Below it are two input fields: "Username" with a person icon and "Password" with a key icon. A link "Forgot Password?" is positioned below the password field. At the bottom is a blue button labeled "Login".

Step Three:

Students should click on the Google Classroom app.



Google Classroom

Step Four:

Let's get to work! 😊 When they sign into Google Classroom, they should see several "classrooms". They simply click on 'JOIN' for each class.

Cyberbullying: As defined by Dictionary.com, "the act of harassing someone online by sending or posting mean messages." *Please keep in mind that the Google Classroom communication system is designed to work as an extension of the classroom; therefore, anything done on the site through the access of a school course group code will be treated the same as if it were said aloud in the classroom. Inappropriate comments or use of the site can result in disciplinary action.*

****I have read and understand all of the objectives, requirements, and expectations set forth by Coach Strakose for the 2022-23 Weight Training Class.**

Student's Name: _____

Parent Signature: _____

****Must be signed by Parent/Guardian and returned no later than Thursday, August 5, 2022.**

Medical Information

Parents/Guardians,

If there are any medical concerns that your son or daughter has that I need to be made aware of, please explain on the following lines. Please return alongside the signed syllabus. Remember, students must have a doctor's note to be excused from any fitness activity. **If your student does not have any medical concerns, please write "None", sign, and return. Thank you.**

Student's Name: _____

Parent's Name: _____

Medical Concerns:
