

**Weight Training Course Syllabus**  
**Course Instructor: Coach Laymon**  
**Location: Weight Room**  
[Jared.Laymon@carrollcountyschools.com](mailto:Jared.Laymon@carrollcountyschools.com)

**Course Description:** The High School Athlete Weight Training class is designed to provide student-athletes with the knowledge, skills, and techniques required to improve their physical performance and prevent injuries through proper weight training. The class will focus on safe and effective strength and conditioning exercises to enhance athletic abilities across various sports.



**Course Goals and Objectives:**

- To understand the principles of weight training and its benefits for athletic performance.
- To learn and practice proper weight training techniques for various muscle groups.
- To develop strength, power, speed, and flexibility through progressive resistance training.
- To enhance overall athletic performance and reduce the risk of injuries.
- To promote teamwork, discipline, and commitment among student-athletes.

**Course Outline:**

***Introduction to Weight Training***

- a. Benefits of weight training for athletes
- b. Understanding muscle groups and their functions
- c. Overview of resistance training equipment

***Safety and Injury Prevention***

- a. Importance of warm-up and cool-down routines
- b. Proper breathing techniques during exercises
- c. Identifying and avoiding common weightlifting injuries

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***Weight Room Etiquette***

- a. Respect for equipment and facilities
- b. Cleanliness and organization in the weight room
- c. Proper use and care of weights and machines

***Weight Training Techniques***

- a. Proper form and technique for major lifts (e.g., bench press, squat, clean)
- b. Isolation exercises for specific muscle groups
- c. Understanding sets, reps, and intensity

***Periodization and Training Programs***

- a. Introduction to periodization and its importance
- b. Designing a progressive training program
- c. Incorporating rest and recovery days

***Speed and Agility Training***

- a. Plyometric exercises for explosive power
- b. Agility drills to improve quickness and coordination
- c. Developing speed through weight training

***Flexibility and Mobility***

- a. Stretching techniques for improved flexibility
- b. Mobility exercises for joint health and range of motion
- c. Dynamic warm-up routines

***Nutrition and Hydration for Athletes***

- a. Understanding the role of nutrition in performance
- b. Proper pre and post-workout nutrition guidelines
- c. Importance of hydration for athletes

***Mental Conditioning for Athletes***

- a. Strategies for improving focus and concentration
- b. Goal-setting and maintaining motivation
- c. Visualization and positive affirmations

***Proper Weight Training Attire:***

- Athletic t-shirt or tank top
- Athletic shorts or sweatpants
- Athletic shoes with proper support and stability
- Socks and athletic undergarments
- No jewelry or accessories that could cause injury during exercises
- No phones or headphones
- No hats, hoodies or caps of any kind

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**Traditional Expectations:**

**Attendance and Punctuality:** Students are expected to attend all classes and be punctual.

**Participation:** Active participation in class activities and workouts is essential.  
**Respect:** Students are expected to show respect to the instructor, classmates, and equipment.

**Safety:** Students must follow safety guidelines and instructions provided by the instructor.

**Effort:** Students should give their best effort during workouts and exercises.

**Responsibility:** Students are responsible for cleaning up after themselves and returning equipment to its proper place.

**Assessment and Grading:**

Students will be evaluated based on their **dress/participation**, progress in weight training techniques, understanding of concepts, and adherence to safety guidelines. Grading may include **class participation** (60%), and **dress** (40%).

To maintain a safe and clean environment in the weight room, it is essential to enforce a strict policy **prohibiting food and drink or gum** inside the training area. This policy is designed to ensure the well-being of all students, promote proper hygiene, and preserve the integrity of the weightlifting equipment. The following reasons highlight the importance of adhering to this policy:

**Hygiene and Sanitation:** Food and drink can lead to spills, crumbs, and messes, which may attract pests and create unsanitary conditions. The weight room should remain a clean and hygienic space to protect the health of all students and prevent the spread of germs.

**Equipment Preservation:** Accidental spills of food or beverages can damage the weightlifting equipment, including benches, dumbbells, barbells, and machines. Protecting the equipment's longevity ensures that it remains in excellent condition for the benefit of all users.

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**Preventing Accidents and Injuries:** Consuming food or drinks while exercising can lead to choking hazards or accidents, especially during strenuous activities. Liquids spilled on the floor can also create slip hazards, potentially causing injuries to students.

**Focus and Performance:** Eating during workouts can be distracting and may hinder students' ability to concentrate on their exercises. Weight training requires focus and attention to maintaining proper form and technique, which can be compromised if students are preoccupied with food or drink.

**Respect for Others:** In shared spaces like the weight room, it is essential to respect the preferences and sensitivities of others. Some students may have allergies or dietary restrictions that could be triggered by the presence of certain foods or drinks.

**Enforcement and Consequences:**

To enforce the no food or drink policy effectively, the instructor and weight room staff will consistently remind students of its importance. Clear signage should be posted throughout the weight room to remind students of the policy.

***If a student is found consuming food or drink in the weight room, the following consequences may apply:***

**Verbal Warning:** The student will receive a verbal reminder of the policy and its importance in maintaining a safe and clean training environment.

**Written Warning:** If the student violates the policy again after the initial warning, they will receive a written warning, which will be documented and shared with the student's parents or guardians.

**Temporary Suspension:** For repeated violations, a temporary suspension from the weight room may be imposed to underscore the seriousness of the policy and encourage compliance.

**Removal from the Class:** In extreme cases of repeated or severe violations, the student may be removed from the weight training class altogether.

***Conclusion:***

Creating a food and drink-free weight room fosters an environment conducive to safe and effective training. By adhering to this policy, students demonstrate respect for themselves, their peers, and the weightlifting equipment, promoting a positive and productive learning experience for all athletes.

**Note:** The syllabus and course content can be adjusted to cater to the specific needs and capabilities of the students and the available resources.

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***This sheet of paper is the only sheet of paper that needs to be returned to Coach Laymon for the Daily Grade.***

***Please fill out and sign the information below:***

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

**Parent Signature:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

***Medical Information:***

If there are any medical concerns that I need to be made aware of, please explain below. Students must have a doctor's note to be excused from activity.

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

**Parent Signature:** \_\_\_\_\_

**Medical Concern:**