**2016-2017 Weight Training and Conditioning Program Syllabus**

Welcome to Panther Creek’s Weight Training and Conditioning Program! We are excited to work with you to help you set, strive towards, and attain your fitness goals. In order to assure your success in our program, you will need to be prepared everyday with all necessary materials, a winning attitude, and the understanding that you will be exerting maximal effort daily, following a vigorous and strict workout. We have high expectations of you, and will expect your absolute best effort everyday.

**WEIGHT TRAINING I COURSE DESCRIPTION:**

Is designed to introduce you to different types of Olympic and Auxiliary free – weight lifts, speed and agility drills, as well as cardiovascular endurance exercises. Students will learn safe practices in weight lifting, technique and form, spotting procedures, conditioning drills as well as an introduction to human anatomy. Students will study the skeletal and muscular systems, and use that information to make real life connections to their workout routines. Students will learn how to set obtainable yet challenging goals, and how to record and analyze personal data as it pertains to their performance goals.

**WEIGHT TRAINING II and III COURSE DESCRIPTION:**

Is designed to help students identify and understand the benefits of both strength and cardiovascular training. This is an advanced level elective course that requires daily attendance and active participation. Students will further examine how weight training affects the body, and learn intermediate and advanced level training routines for complete muscular and cardiovascular development. Students will also learn to chart and analyze personal progress (data), and expand on the biomechanical skills and basic anatomy learned in Weight Training I. This course also provides an opportunity for students to explore specificity training; developing skills in specific areas of strength training, and gain the knowledge to design strength and conditioning programs to meet their individual fitness needs in the future.

**OBJECTIVES:**

* Explain, identify and apply biomechanical principles of a variety of lifting techniques.
* Demonstrate proper lifting and spotting techniques for all lifts and exercises to ensure personal and group safety.
* Establish and achieve a set of physical fitness goals for health and performance.
* Perform analysis on the techniques of yourself or a classmate while lifting.
* Utilizing the principles of training, create a strength-training and conditioning program.
* Identify the prime mover muscles, antagonistic muscles, and stabilizer muscles for some of the major weight training exercises.
* Understand the importance of, and begin to develop a personal physical fitness log to record workout data on a daily basis.
* Describe the role of intrinsic and extrinsic motivation in physical activity.
* Identify and analyze weight training and fitness activities that enhance personal enjoyment.
* Study and perform higher level Olympic and Auxiliary lifts and integrate them into a training program

**CONCEPTS:**

* Plateau – when muscular gains level out and do not rise or fall for a period of time.
* Overload Principle - The concept of progressively increasing the load and its training effect is known as the 'overload principle'. It can be defined as 'the application of any demand or resistance that is greater than those levels normally encountered in daily life. The degree of intensity with which the system is overloaded affects the rate at which physiological adaptations take place.
* Specificity-Muscle training for a specific task. Specific training essentially involves working the muscles in the same manner as the expected use.
* Over Training – When a person trains their body above its capacity meaning it cannot recover and adapt quickly enough to be prepared for the following training session.
* Muscular Atrophy – The wasting or loss of muscle tissue due to lack of physical exercise. Usually begins at 72 hours (3 days) of no training or stress on the muscles.
* Periodization - The simple act of organizing your strength training program into periods; switching phases, whether from light to heavy lifting, from machines to barbells, different muscle groups or changing the number of repetitions.

**RULES AND PROCEDURES FOR ALL WEIGHT TRAINING CLASSES:**

All students will help to create a SAFE and FAIR learning environment where EVERYONE has the opportunity to learn! Remember, success starts with the basics:

* Be present and on time
* Be prepared and engaged in learning.
* Be a person of character
* Be safe and complying with Panther Creek High School and WCPSS policies.

ABSENT and SMART LUNCH POLICY: A student who is absent for any reason must attend SMART LUNCH for each class missed within the first 10 school days after return to school. Students will receive a zero for that period for student engagement that day. After the student has attended a Weight Training SMART Lunch, ALL points are earned in full. Students must sign in with the teacher who is running the Weight Training SMART Lunch.

PCHS Tardy Policy is enforced and can be found in student handbook.

Horseplay will not be tolerated in any of the gym areas. Students misbehaving, or misusing weight and fitness room equipment will not be permitted to continue working out during that class session, lose the remainder of that days participation points, be given lunch detention or administrative referral, and parent contact. We are all responsible for each other’s safety, and the upkeep of our equipment!

You are required to dress out daily (bring clothes for both indoor and outdoor activities) in the required attire, and participate in all class activities at your maximum ability.

Students who are injured must bring in a detailed note from a doctor or our athletic trainer explaining the injury and what could be done to rehab the injury. Students will be expected to dress out and lift as long as they will not injure themselves more. A student who cannot lift due to an injury will be given written and / or research assignments during the class period. Parent notes will not be accepted.

We will follow the PCHS Electronics Policy.

No food or drink, including water bottles will be allowed in any of the gym areas; this includes the weight and fitness rooms.

Water breaks will be issued by the teacher, no student is permitted to leave the class area without teacher permission.

There is absolutely NO GUM CHEWING in the weight room or any Gym area, including locker rooms. A student found chewing gum will be given a warning the first time and a lunch detention the second time. If the problem becomes consistent the student will get an administrative referral.

**GRADING PROCEDURES:**

**Major Assessment (Student Engagement) – 80%**

Students can earn between **20-25 points per day**. This includes:

* **1** **point** for being on time and in your squad line both before and after allotted locker room time
* **2 points** for demonstration of safety procedures, demonstration of proper treatment and respect for yourself, all class members and teachers.
* **3 points** for proper dress – (If a student is not properly dressed, they are not permitted to participate in class activities.)
* **1 point** is earned for each of the following:
* White, grey, or any PC t-shirt. All shirts must have normal sleeves. Not cut offs or tanks will be allowed.
* Black, Navy or any PC shorts. Must be worn around waist, no sagging, and must be proper length (at least mid thigh or soccer length)
* Athletic sneakers. No boots, sandals, crocks, or waffle bottom shoes.
* **4 points** for warm-up activities. This includes: stretches, plyometrics, dynamic warm-up lines, running, etc.
* **10-15 points** for daily student engagement. This includes: full and active participation through all fitness activities, lifting activities, demonstration of on-task behavior, active spotting and proper care and use of equipment.

**Minor Assessments – 20%**

May include, but is not limited to the following: Fitness and MAX out testing, written tests and quizzes, projects, fitness and workout logs, anatomy folders, and written reflections.

We are excited to work with you this semester! Come prepared to work, push yourself, and have fun achieving your goals. Remember success is measured by personal improvement and effort. SAFETY is our number one priority!

(PRINT) Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(PRINT) Parent/guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(SIGNATURE) Parent/guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Contact Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_