Addison Community Schools

Strength Training Syllabus

2014-2015 School Year

Instructor: Mr. Sumner

Office: Performance Gym

Phone: (517)547-6992

Email: sumnerj@addison.k12.mi.us

**Course Description:**

This course is designed to give students the knowledge and understanding of the importance of strength and fitness training. Students will be setting goals to improve on their overall fitness level and reach a level of achievement. This class will give students the tools to live a long and adequate lifestyle.

**Course Objectives:**

* To increase knowledge of physical activity.
* To improve on muscular strength and endurance.
* To improve on flexibility
* To gain the knowledge in operating the equipment and being safe while doing so
* To develop programs suitable to their strength training style.

**Course Requirements:**

1. **Complete the midterm and final exam.** The exams will be based on improvement of muscular strength, muscular endurance, flexibility, and proper form while lifting.
2. **Strength training log.** Each student is responsible for bring a three ring binder so that they can keep their lifting logs and max sheets in. They will also have a place to store any program that they have developed or any other sheets that will be handed out in class. At the end of the week the student is responsible for turning in their log book for grading.
3. **Show up to class on time.** I understand that it takes time to get from the high school building to the performance gym. You still are required to be in class before the bell rings. If you are late then you will receive a tardy for that class. You will be given time to change and be out in the gymnasium. If you are not out in the gym before the 10 minute mark (from the bell) you will be marked absent.
4. **Participate.** All students are required to dress appropriately for PE (no cut offs, short shorts, spaghetti straps, or tank tops) and participate in all activities. If there is any reason that a student can’t participate in an activity then they must have a note from home explaining why they can’t participate or a note from a doctor
5. **Come prepared.**  Students must have appropriate apparel and appropriate footwear (no cowboy boots, slippers, sandals, Uggs, etc.).
6. **ATTITUDE.** Students must come to the gymnasium with a positive attitude, ready to participate in the activity, and respect the teacher and other students. Part of the daily grade is based around student attitude.

**Grading Procedure:**

Daily Points- 5

Log book- 10

Testing- 10

Project- 10

Exam - 20

Daily points- based on daily participation, attitude, and effort.

Exams- based on the fitness testing

Project- researching and developing their own programs.

**Important-** If a student fails to come prepared for class they will receive the following:

1. First offence- zero for the day and a warning.
2. Second offense- zero for the day, lunch detention, and a call home.
3. Third offence- zero for the day, week of lunch detentions, call home.
4. Fourth offence- A call home regarding grade and possible 10% off final grade.

- Students that are not prepared will still have to participate in some type of physical activity during class.

**CELL PHONES-** The gymnasium, weight room and locker rooms are considered a **red zone** which means no cell phones allowed. Under no circumstance is a student allowed to have a cell phone in the locker room. If a cell phone is out in either of these areas I will ask the student to shut it off and put it in the basket. I will then give it to Mr. Vansickle and he will give it back to the student when he has talked to them. I am **not** **responsible** for your cell phone so please keep it in your hallway locker.