
Weight Training

Course Syllabus 2020-2021

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Course Description

Weight training is designed to provide lifetime techniques that will benefit the health and fitness of the participating individual. The student will gain knowledge pertaining to fitness concepts and principles that focus on muscular strength and endurance improvements, safety and proper form of exercising, with and without additional resistance. Various fitness concepts will be taught throughout this course. Students will learn the major muscle groups, muscle function, proper mechanics, energy systems utilized in building muscular strength and endurance, various programs, and how these programs can improve muscle development, as well as nutritional information for improved performance. Students will assess their fitness levels in the beginning of the semester, develop an individualized program based on their personal goals and reassess their progress throughout the semester. All students must be prepared to work hard every day! If you are unwilling to challenge yourself to reach your optimal fitness level this is not the class for you.

Goals for Student Learning

- Improve individual muscular strength and endurance
- Identify critical elements of safety as applied to weight room activities
- Apply biomechanical analysis skills to evaluate and provide feedback to improve various lifting techniques
- Understand and apply basic concepts regarding muscle anatomy and physiology
- Utilize various strength training programs for muscle development
- Apply concepts and strategies to create a personalized workout plan
- Apply various ways strength and endurance can be improved both in and out of a traditional weight room and evaluate the effectiveness of these styles of training

Textbook and Materials

- Internet Access and chromebook/laptop and
- Microsoft Teams Access / Its Learning login information
- PE Uniform / Workout attire for at-home workout (must be appropriate shorts and t-shirt)
- Athletic Socks / Tennis Shoes
- Warm Athletic Clothing- sweat pants and sweat shirt for outdoors
- Suggested: water bottle, deodorant, body wipes, towel, set of 2 light-weight dumbbells (5-20 lbs. depending on fitness level)

Course Outline

- Safety in the weight room
- Muscle ID/antagonist muscles
- Exercise names
- Fitness testing
- Lifting programs such as BFS
- Free weights vs machines
- Energy systems
- Strength testing
- Performance enhancing drugs and the effects of the body
- Personalized workout
- HIIT vs Traditional workouts
- Body-weight based resistance workouts
- Nutrition concepts
- Aerobic/anaerobic
- FITT formula in application to the weight room
- Training principles

HCPS Grading Policy

Examples of Product, Process, and Practice		
PRODUCT (50%) <i>Culminating Demonstration of Knowledge</i>	PROCESS (30%) <i>Addressing Specific Short-Term Learning Outcomes</i>	PRACTICE (20%) <i>Building Attitudes, Habits, and Skills</i>
<ul style="list-style-type: none"> Engaged in Learning (Daily Rubric) Psychomotor Rubric Assessments Project-based assessment Affective Rubric (sportsmanship) 	<ul style="list-style-type: none"> Safety contract and assessment Cognitive Unit Benchmarks Fitness Testing – Pre and Post Weekly Recordkeeping 	<ul style="list-style-type: none"> Prepared for Learning (Daily Rubric) Homework Exit Tickets Peer Assessments Self-Assessments

Extra credit will not be given for non-academic purposes

Attitude/Behavior/Cooperation

Your overall positive attitude, behavior and ability to work with others will determine your success, not only in physical education class but also in life. Understanding individual abilities and having respect for everyone in class is expected at all times. Treat others with the respect you would like to be treated with each and every day. Disrespectful behaviors will result in a deduction from the Affective Rubric #3 (sportsmanship). This includes Online Norms/Expectations.

Late Work Policy

All assignments should be submitted on time in order to earn full credit. Any assignment, (*product, process, or practice*) will be allowed to be turned in late for one letter grade deduction from the grade a student earns on the assignment. In order to earn credit for late assignments, students must submit assignments by the end of the day on Wednesday (except for the last week of the quarter) following the designated HAC update. Students are only able to submit assignments that have an established due date within the grading window before the designated HAC update. Assignment that are turned in for late credit will be identified by a footnote in HAC to include a statement about the deduction of a letter grade due to the lateness of the assignment.

Grading Window	Designated HAC Update	Late Work Due Date
September 8- September 24	September 24	September 29
September 27- October 13	October 13	October 20
October 14- October 29	October 29	November 5 (Friday)
November 8- November 19	November 19	November 24
November 22- December 10	December 10	December 15
December 13- January 13	January 13	January 21 (Friday)
January 24- February 11	February 11	February 16
February 14- February 25	February 25	March 2
February 28- March 11	March 11	March 16
March 14- March 25	March 25	March 31 (Thursday)
April 1- April 22	April 22	April 27
April 25- May 6	May 6	May 11
May 11- May 20	May 20	May 25

PE Specific Make Up Work

- Students are not required to make up a missed PE class due to a school related event such as field trip, game, class meeting, etc...
- To make-up a class a student will complete a cardiovascular activity of their choice via a smartphone app to document the workout.
- Please see the attached document “How to Make-Up a Missed PE Class” for the detailed instructions and due date.

- Any student who can't complete the cardiovascular activity due to not owning a smartphone or due to a long term physical injury/illness will need to submit a parent note and will be given an alternate assignment.

Dress Policy

Not dressing for class properly (even at home) will directly affect your Prepared for Learning rubric (#1) score. Consequences of not being dressed:

- First offense- verbal warning, 0 points for Prepared for Learning
- Second offense- Call home & detention, 0 points for Prepared for Learning
- If problem continues after second offense, detentions and/or office referrals will be taken into consideration per teacher's discretion.

Medical Excuses

- 1) Daily Illness- Only applies for one day. A parent note or note from the school nurse will be accepted to excuse a student from all or some activity. A daily illness note does NOT excuse a student from dressing. Students will be expected to complete written work.
- 2) Extended Illness- Must be accompanied by the HCPS Medical Form completed by the physician. Students will only be excused from dressing if stated on the form. Students will be expected to be as active as possible as described on the form. The form is available online at <https://mybahs.com/academics/physical-education/>

Academic Integrity

Academic integrity is taking responsibility for the quality and completion of one's own work. Academic dishonesty is taking someone else's work and claiming it as one's own. Students at Bel Air High School are responsible for knowing what is considered to be Academic Dishonesty and the subsequent consequences. More information can be found in the BAHS Student Planner.

Classroom Rules and Procedures

- Use the bathroom and hydrate before class begins.
- Class begins at the assigned time. Lateness will result in a deduction from your Prepared for Learning (Rubric 1) grade.
- No gum while participating.
- You are expected to participate to the best of your abilities in every activity presented. Please be mindful of your camera angles during class and activity.
- You are expected to show courtesy and respect for your teacher and classmates. If you are disrespectful, insubordinate or disruptive you will be asked to leave and receive a zero for that day in addition to disciplinary actions. Please review and follow digital citizenship guidelines. [BAHS Digital Teaching and Learning \(DTL\) Virtual Learning Expectations and Norms.](#)

Cell Phone Policy (when in school building)

Students will lock their cellphone in their assigned hall or physical education locker prior to class. The phones will remain in their locker unless teachers explicitly tell students to bring the phone for instructional use.

- Cellphones will remain in their hall locker during bathroom visits, assemblies and trips to the nurse/counseling office/main office.
- Cellphones will be retrieved from their hall locker after dismissal from class.
- School-appropriate cellphone use is permitted during class changes and lunch. Students are not permitted to make phone calls during school hours.
- 1st offense - warning and must lock their phone in their locker
- 2nd offense – phone call home and detention
- 3rd offense – referral to office
- Any insubordination or refusal to put phone in locker is an automatic office referral.

PARENTS AND STUDENTS TOGETHER please fill out your syllabus acknowledgement form. **YOU ONLY NEED TO FILL THIS FORM OUT ONE TIME TOGETHER.**