



# Introduction to Weight Training

Grand Haven High School

## Course Syllabus

### **Course Description:**

Introduction to Weight Training is a course that teaches students correct lifting technique, differences in lifting programs, muscle identification, and weight room safety.

### **Objectives:**

Students will grow in their knowledge of weight lifting and develop confidence in the weight room that can translate into a lifetime of physical activity using the weight room as a tool.

### **Student Expectations:**

Safety is the first priority and students will be expected to follow all guidelines as noted by the teacher and posted fitness center regulations. Due to the high intensity of the class, students will be required to dress appropriately for the class period - athletic shoes, socks, and workout attire.

### **Communication:**

Assignments and quizzes will be available on the google classroom at various points during the semester. The instructor may also communicate through email.

### **Grading Policy:**

Daily Participation & Quizzes - 80%

Final Exam - 20%

### **Grand Haven Grading Scale:**

A	100% - 93%	B-	82% - 80%	D+	69% - 67%
A-	92% - 90%	C+	79% - 77%	D	66% - 63%
B+	89% - 87%	C	76% - 73%	D-	62% - 60%
B	86% - 83%	C-	72% - 70%	F	Below 60%

### **Scope and Sequence:**

This is an introductory course that is intended for beginning lifters. As such, much of the time spent at the beginning of this class will consist of learning lifts and weight room safety. Lifting is designed to be done in progression. Our goal is build each week - both in knowledge and physical strength so that at the end of the class, the student is able to function successfully in the weight room. As the semester progresses, more freedom (if earned) will be given to the use of specific types of programs and increased weight.

Lifting Days - The class will be held three days per week in the fitness center. During these class periods, students will have a set lifting program that will mirror our lesson for the day.

Non-Lifting days, students will have a short agility session followed by various cardiovascular games - typically in the form of a sport.

By signing this form, I am stating that I have read the course syllabus and agree to its terms. Additionally, I understand that weight training is a potentially dangerous activity and I assume the risk that is involved with participating in this class.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_