

# Strength Training

Mr. Butterworth

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## **Overview:**

This course will act as a landscape for improving strength, through the exploration of safe, effective movement patterns and/or lifts which are practiced frequently, progressively. The opportunity for self-knowledge of strength training and movement practice (mostly through direct experience) will be rampant if individuals attend consistently, with great effort and focus.

This course ought to be enjoyable, yet it certainly may not be “easy” (and it should *not* by any means be thought of as “an easy A”). If you do not show up consistently and learn through trial how to get / feel stronger, then you probably will not pass this course (and therefore it may not be for you).

## **Grading:**

Points earned each semester will determine a person’s final mark. Each week will be worth 100 points, based on participative energy (effort and focus). Part of this is being a good teammate / classmate.

If effort is minimal, or citizenship and/or energy is deemed poor, or if an individual’s action affects the perceived safety or concentration ability of other people in the space, then this individual will lose points (and may be asked to leave).

Weekly breakdown of scoring is as follows:

20 pts possible for Mondays (shorter class period, 30 minutes)

40 pts possible for Tue/Wed (regular block class period, 80 minutes)

40 pts possible for Thur/Fri (regular block class period, 80 minutes)

There may also be projects and/or papers that are assigned, related to strength training philosophy or design. These will be additional assignments (points) that go into the scorebook toward each person’s semester mark.

## **Dress:**

Proper athletic gear is required. Shorts or sweatpants and a shirt that is different from the one you wore to school, along with proper footwear, are required to receive full points for the day.

## **Attendance:**

Showing up consistently and getting the reps in (participating with great energy) is a **CRITICAL** part of whether strength training experience *over a period of time* will be successful or not. Therefore, if you are absent **for any reason other than a school function\***, you will not be awarded your points for the day.

That said, the makeup options described below **CAN** be completed within two weeks of returning from absences, to get any points back which were lost due to absence(s).

**\*Please notify me the day PRIOR to your “school function” absence, that you will be gone in order to have it go into the gradebook as an excused absence.**

## **Make Up Work:**

Per PE Department Policy, you are allowed to make up 4 missed days of participation per semester. This includes both unexcused absences and medical days when you may miss a training day due to sickness. The 4 days may be split between 2 physical activity make ups and 2 written article review make ups.

**Physical Activity:**

80 minutes of **NON-SCHOOL AFFILIATED** activity makes up for one missed period. This can be riding a bike, hiking, stacking firewood, digging in the garden, etc. Parents will send in a signed note with both a description of the activity and the date that is being made up.

**Article Review:** Select an article with a topic concerning weight training, health and fitness, or nutrition. After reading the article you will hand write a single page review summarizing the content and also describing what you learned or found interesting. Attach a copy of the article to this page and turn it in including the date of the absence it is making up for.

**Major Medical:**

Medical issues that arise which will keep you from participating in class for up to a week may be excused with a parent note. **This simply means they go in as medical days and not “non-participation” days. They must still be made up for credit.** If you are injured at some point throughout the course of the year (in the class itself or otherwise) to an extent that will cause you to miss more than 15 periods of class, semester credit will not be issued per PE Department Policy. Other serious medical issues that will keep you out longer than one week must be excused by a doctor’s notice. If this occurs, the number of days allowed to make up for the semester doubles from 4 to 8. They will still be split evenly between 4 physical make ups and 4 article reviews.

**Grading Scale:**

A	91 - 100%	B-	79 - 81%	D	61 - 69%
A-	89 - 91%	C	71 - 79%	D-	59 - 61%
B	81 - 89%	C-	69 - 71%	F	<59%

**Other Info:**

**Tardy Policy:** Students should be **seated in roll call area / lines 5 minutes** after the tardy bell. Multiple late arrivals will be given detention per school policy. Habitually late students will be **removed from class** if they cannot improve their timeliness.

**Electronics:** All iPods, cell phones, video games, etc. must be put away during class time unless otherwise specified by the teacher. **DO NOT BRING THESE TO CLASS!**