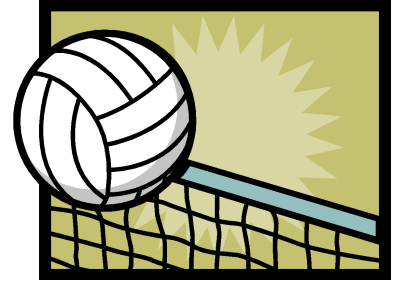


Weight Training Mr. Greever

530-273-4431 ext. 2257
ggreever@njhuhd.com



Course Overview:

This course will provide students with a fundamental level of workout and health activities in order to improve strength and overall health and fitness. The course will consist of a multitude of mediums to improve in these areas including but not limited to free weights, banded resistance training, bodyweight exercises, cardiovascular activity (running, circuit training, etc), interval training, and plyometric activity. Basic knowledge of different muscle systems and groups and how they are activated based on motion will be a part of the curriculum as well.

Grading:

Cumulative points earned each semester will determine your grade. The points allotted are based primarily on participation in the class' activities – this makes up **60%** of your grade. Every day of participation in a normal length class is worth 10 points. Every Monday when we have a shortened class is worth 5 points. Thus, a normal school week has 25 possible grading points. Effort and **NOT** skill level or lifting numbers will determine the amount of points you will receive.

20% of points in class come from your semester citizenship during our class time. You will start and hopefully finish your semester with 100 points for citizenship. This grade includes how you treat others in class and respect your peers and the class environment.

The remaining **20%** of your grade will come from points given through written assignments. This could include things like quizzes and written assignments covering health, nutrition, and fitness.

Dress: Proper athletic gear is required in order to receive your participation points each day. Shorts or sweatpants and a shirt that is different from the one you wore to school along with proper footwear are expected every day. Beyond your **3rd Non-dress** you will lose not only your ten participation points for the day but **10 of your 100** semester citizenship points as well. After that a meeting will be held to discuss whether or not you want to remain in the class.

Absences: Attendance is a **CRITICAL** part of class. If you are absent **for any reason other than a school function***, you will not be awarded your 10 participation points for the day. The points are earned for participation; if you are absent, you cannot possibly participate. The make up work described below **MUST** be completed within two weeks of returning from absences.

***You must 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: Keeping with PE Department Policy, you are allowed to make up 4 missed days of participation per semester. This includes both absences and medical days when you may be at school but are too sick to participate. 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 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!**