

**CAPITAL H.S.**  
**Weight Training**  
**Syllabus**  
**Coach Johnson**

Weight Training:

Course Scope:

Weight training is designed to provide students with a comprehensive view of different areas of weight training, circuit training and stretching. Weight training for sports and general physical fitness programs will enhance student performance in athletics and fitness characteristics for life.

Course Goals:

1. To develop skills through selected and guided physical activities for immediate and future purposes.
2. To promote physical strength and vigor through development of strength, power, motor ability and endurance.
3. To develop useful skills and activities to serve as a basis for use in leisure time.
4. Development of essential safety skills for the beginning weight trainer.
5. Development of proper warm-up exercises before starting their weight lifting programs.
6. Proper body position when exercising.
7. Develop leadership by having students assume responsibility under supervision.
8. To develop social attitudes, courtesy and cooperation through group interaction in guided activity.
9. Students should demonstrate their acceptance of responsibility by attendance, participation and suiting out for class.
10. To develop knowledge of techniques and different areas of weight training and physical fitness programs.

## **EVALUATION**

The Capital Health and Fitness Staff has a “**NO TOLERANCE NON-DRESS POLICY.**” 100 % of all students are expected to dress and participate 100% of the time. A student who dresses, participates, and cooperates daily, regardless of motor skill level, will pass weight training.

Non-Dresses will only be “**excusable**” with a note from parent/guardian stating the reason for the non-dress. Note must include the name of the parent/guardian and a phone contact number. The note must be received by staff **before** class begins.

**UNIFORM-** \$13.00 for the set (Purchase at the ASB Office)

Students are to be dressed accordingly for class:

A. Cardinal Capital shirt.

B. Black Capital shorts.

C. Sneakers (no street shoes, boots, sandals, cleats)

Any sweatshirt and sweatpants and/or jacket may be worn in cold weather.

## **LOCKS / LOCKERS**

Lockers will be utilized by students. They must provide their own lock as we will not be issuing locks from the school. There are designated areas for each class and only those lockers may be used by those students in that period.

## **DAILY POINTS**

Failure to dress out for class..... -2

Failure to participate in class activity..... -2

Failure to participate in physical activity whether they are dressed or not..... -3

Absence from class (These points must be made up on Fitness make-up days) -5

## **Grading Scale**

**90-100% = A**

**80-89% = B**

**70-79% = C**

**60-69% = D**

**59- 0 = F**

## **GRADING SYSTEM**

Each quarter grade is worth 42.5 and the semester exam will be counted for 15% of the semester grade.

Students will earn (5) points daily for dress and participation. The total points earned at the end of the quarter divided by the number of days will determine the grade.

# **CAPITAL**

## **WEIGHT ROOM RULES AND REGULATIONS**

- 1. Immediately report any weight room related injury or facility/equipment irregularity to the supervisor(s) on duty.**
- 2. If injury inhibits the performance of an exercise, the strength training and conditioning coordinator and staff should be notified, and medical approval obtained before continued program involvement.**
- 3. Do not use equipment you have no knowledge of, nor instruction on.**
- 4. Follow appropriate weight room safety and etiquette practices demonstrating courtesy toward others in the room at all times.**
- 5. Respect for equipment and facilities must be demonstrated at all times. (Weights must not be dropped or thrown.)**
- 6. Spotters must be utilized when and where necessary according to the policy of the strength training and conditioning coordinator.**
- 7. Record all training bouts.**
- 8. Do not alter training programs without the consent of the strength training and conditioning supervisor.**
- 9. Horseplay and offensive language are not permitted.**
- 10. Proper training attire must be worn at all times. (Specifically, shirts, shorts, or sweats, athletic shoes.)**
- 11. Apparel changes should be restricted to locker room facilities.**
- 12. Collars on the bar are mandatory at all times.**
- 13. Equipment must be kept off the floor and returned to the proper racks when lifting is completed.**
- 14. Food, chewing gum, glass bottles and cans are not allowed in the facility. (No food or drink.) (Water Only!)**
- 15. Supervisors are not responsible for participant's personal belongings or lost or stolen items.**
- 16. Misuse of equipment and facilities may result in immediate expulsion.**