

## Weights Class Syllabus

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### Course Description:

Weights classes are orchestrated to aid students in developing and implementing physical skills through physical activity that will help you to maintain physical fitness and live a physically active lifestyle throughout your life. Students will also develop a basic knowledge and understanding of various tactics and strategies used in a variety of weightlifting exercises.

**DAILY Dressing Out and Participation is how you earn your grade. If you dress out and participate daily, your grade will be just fine. If you do not dress out and you do not participate daily, your grade will suffer.**

### Course Outline:

- Implement a variety of physical fitness exercises throughout the course
- Describe the psychological and physiological effects of exercise
- Identify and perform locomotor skills
- Identify fitness components and be able to explain how they are necessary to maintain a balanced fitness lifestyle
- Develop individual skills incorporating problem solving, leadership, and teamwork
- Develop individual skills incorporating various physical skill sets
- Develop a knowledge and understanding of various weight training lifts, which lifts target which muscles, implementing safety in a weight training program, speed, agility, plyometrics, and flexibility training.

### Physical Activities:

\*Endurance Training  
\*Speed Training

\* Strength Training  
\*Agility Training

\* Flexibility Training  
\*Plyometric Training

### Materials Needed for this Course:

- Students are **REQUIRED** to be prepared for class each day by having a change of clothes, which allows you to physically move your bodies and promotes good hygiene. Even if you wear athletic clothing to school, you still must have a change of clothes for PE class.
- Examples of Appropriate Clothing Include: shorts, t-shirt, long sleeve t-shirt, sweatshirt, hoodie, sweat pants, joggers, windbreaker pants, leggings, socks and tennis shoes.
- Failure to dress appropriately will have negative consequences and impact on your grade. You will receive 0 dress out points and 0 participation points for the day.
- Ladies will change in the Girls locker room in the gym and leave their belongings in the locker room during class. Gentlemen will change in the Boys locker room in the gym and leave their belongings in the locker room during class.

- The locker rooms are used throughout the school day by multiple students, so please clean up after yourself and keep it looking neat and clean.

**Resources Utilized:**

- Main Gym
- Aux Gym
- Weight Room

**Grading:**

Attendance, Participation and Dressing Out are very important in this class. Students will receive 20 points per day if they dress out appropriately and 20 points per day if they participate. Students will receive a weekly dress out grade, which will account for 30% of their overall 9 weeks grade. Students will receive a weekly participation grade, which will account for 70% of their overall 9 weeks grade. Students will take a final exam at the end of the semester. This will account for 25% of their final grade.

Grading is based on a 10 point scale:

A:	90-100
B:	80-89
C:	70-79
D:	60-69
F:	59 and below

**Limited Participation:**

For extended non-participation in class activities (if you need to sit out of participation for longer than 1 day) a Doctor's Note is required.

**Attendance Policy:**

In conjunction with the school attendance policy, students are allowed to miss 6 absences in this class without reprimand. On absences 7, 8, or 9, there will be attendance recovery after school. Students will be required to make up the time of the class period with supervision after school hours. On absence 10 or more, students will be required to do attendance recovery after school and be subject to the attendance appeal committee.

**Class Rules:**

1. **Be On Time:** (you have 5 minutes to change after the bell)
2. **Be Prepared:** (have dress out clothes and tennis shoes daily)
3. **Be Respectful:** (be kind to teacher, classmates, and equipment)
4. **Be Intentional:** (listen and follow directions the first time they are given)

**Cell Phones / Electronic Devices:**

Do NOT bring your cell phone or electronic device to class unless asked to do so by the teacher. Team Sports Class is for physically moving our bodies, not our thumbs!

**Requirements:**

Student participation is a MUST! This is an activity based class, therefore students should have the expectation of being physically active during the class period. Students should be prepared to experience new games, sports, and physical activities. We always want to have safety as our top priority! Let's get ready to be safe, respectful, responsible, and HAVE FUN!

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(TEAR BELOW THE DOTTED LINE) TURN IN BOTTOM PART, KEEP TOP PART FOR FUTURE REFERENCE TO SYLLABUS

Please sign and date below. By signing, you are implying that you have read and understand the expectations of this class and will work towards achieving and accomplishing those stated expectations. If you have any questions, please send me an email and I will do my best to communicate with you effectively.

**Student Printed Name:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

**Parent Printed Name & Date:** \_\_\_\_\_

**Parent Printed Name:** \_\_\_\_\_







