

**CORONADO HIGH SCHOOL
WEIGHT TRAINING PROGRAM
STUDENT EXPECTATIONS AND INFORMATION**

I. COURSE SCOPE

Weight Training is an activity-oriented course designed to provide students with a comprehensive view and physical activity through weight training. Terminology, desirable health habits, physical conditioning, and skill development will be emphasized through weight lifting and cardiovascular activity.

II. COURSE GOAL

1. To develop and maintain physical, mental, emotional, and social effectiveness through weight training.
2. To improve neuromuscular skills and abilities through activities that progress from the use of large muscles to the use of small muscles.
3. To develop proper nutritional habits for a better understanding of self-improvement.
4. To become knowledgeable of the activities that will enable the students to achieve, and maintain physical fitness.
5. To develop a positive attitude towards proportionate body measurements or figure and physique.
6. To-become familiar with equipment and various lifts.
7. To develop a knowledge of the terminology of various physiological terms and the relationship to total body conditioning.
8. To develop an understanding of the guidelines for a safe weight lifting environment. .
9. To become aware of the types of weight training and the importance of each to physical fitness.
10. To become aware of body movement and "how to utilize its performance.
11. To develop techniques, timing, and coordination of specific muscle groups.
12. To become aware of preventative measures and sport-injury rehabilitation.
13. To develop an understanding of relaxation techniques and the benefits throughout daily living.
14. To achieve good alignment of body parts with proper muscle tone enhancing total body conditioning.

III. Grading Criteria and Method of Computation

A. Scale: 100-90=A 89-80=B 79-70=C 69-60=D 59 & below=F

B. Dress and Participation (10 points each day)

1. 5 points for dressing out
2. 5 points for participation

C. Physical skills test. Each student will perform a one rep maximum lift of the following exercises.

(100 points. One each nine weeks.)

1. BENCH PRESS
2. MILITARY PRESS
3. CLEANS
4. SQUAT
5. DEAD LIFT

NOTE: It is the responsibility of the student to stretch before doing any weight training!

It is the responsibility of the student to use a weight-training belt when performing the following exercises: Cleans Squat, Dead lift and Military Press!

D. The dress, participation, and written skills test will be totaled at the end of each nine weeks. The sum will be converted into a percent. That percent will reflect the letter grade for that grading period.

E. Through the course of the year, if a student cannot perform the daily workout, written work will be assigned. The instructor will select the topic; the written work will be on a one-page paper only, any sport activity for each day missed. The written work for a I:, missed physical skills test will be a 5- page, typed paper for each skills test missed. The due date for written work is 3 days after returning from absence.

IV. DISCIPLINE

A. DISCIPLINE POLICY

1. Absolutely no horseplay in the locker room.
2. Absolutely no horseplay in the weight room.
3. A lifter will be told only once to resume work.
4. No profanity at any time.
5. Reasonable care of the facility and equipment at all times.
6. The student must dress each day.
7. The student must not be a hazard to himself or others.

B. DISCIPLINE PROCEDURES: Any student who violates any of the rules that are in direct conflict with the discipline policy will be:

1. Warned verbally and specifically.
2. Suspended from the weight room for one period.
3. Parents will be personally notified.
4. Referral to the dean.

V. ATTENDANCE POLICY

A. Attendance is an essential part of the educational setting and lack thereof can seriously affect your grade. Students who exceed ten (10) unapproved absences will not earn

- credit. If a student exhibits a lack of attendance, he/she may be referred to an alternative program.
- B. Make-up work -After an absence, the student shall be required to initiate contact with the instructor to obtain appropriate make-up work within three (3) school days directly following the absence. Teachers must provide make-up work within two (2) school days directly following the absence. When the contact with the teacher is made within two (2) school days directly following the absence, the teacher will allot one (1) make-up day for each day absent. Exception: major assignments given to students with more than a week notification of the due date are due on the day the student returns from an absence. Any major assignment submitted after due date may receive reduced credit.

VI. TARDY POLICY

All students will adhere to the tardy policy

1. Each student must sign the required tardy sign-in sheet.
2. Participation points will be deducted for each tardy.
3. Upon the fifth tardy a phone call will be made to the parent.
4. Upon the eighth tardy, a hand-generated unsatisfactory notice will be mailed to the student and he/she will receive a "U" in, citizenship.
5. Students who are between 10 and 29 minutes late to class will be referred to the deans' office and placed on RPC. Students who are more than 30 minutes late to class will be counted as absent.

VII. UNEXCUSED TARDY POLICY:

1. Loss of two participation points.
2. For each tardy after two, the point will be doubled to a maximum of four points.

VIII. THE UNIFORM

1. Regulation Coronado physical education shorts.
2. Regulation Coronado physical education T-shirt.
3. White socks. (ONLY)
4. Gym shoes. (Any color)
5. The cost of the weight training uniform is **\$10** and can be purchased at the student store. Make checks payable to Coronado High School.

IX. LOCKER ROOM FACILITIES

Each student will be issued his own locker. The student must also purchase his own lock from his instructor for a cost of \$5.00. Each student is to use his own locker and lock and is not to share or give out the combination to any other student.

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WEIGHT ROOM RULES

Listed below are the rules to be followed when coaches supervise the weight room.

- 1. Inappropriate behavior and offensive language is prohibited.**
- 2. Spotters should be utilized at all times.**
- 3. Safety collars are mandatory.**
- 4. Return equipment to proper racks when lifts are completed.**
- 5. Immediately report any weight room related injuries to the supervisor.**
- 6. Report all equipment breakdowns immediately.**
- 7. Proper Physical Education attire should be worn at all times.**
- 8. NO food, drinks, or chewing gum allowed.**
- 9. Follow proper lifting techniques at all times.**
- 10. Respect a person's right to lift without distraction.**