

Course Syllabus
Boy's Strength Training
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Philosophy

As Christians we believe that our bodies are the temple of the Holy Spirit and therefore should be maintained in optimum conditions in order to have clarity of mind and spirit that will bring glory to God. Weight lifting will help students develop an appreciation and importance of keeping physically fit, mentally alert, and spiritually in tune with the Lord. The department is committed to providing a program in weight training which will allow frequent and diverse opportunities in order to develop in our student's qualities becoming of a life time follower of Jesus Christ.

Weight training is an elective course established for all students. Through a variety of physical activities, this course will address movement skills and movement knowledge, self-image, and personal and social development. In addition, these activities will be offered in a non-threatening and safe environment. This course defines strength development education of and through weight training. Students will participate in daily workouts. This activity-based class requires proper dress, daily workouts, and filling out fitness logs. Students mastery of course objectives will independently differ from student to student based on time and effort in class and students prior knowledge of subject. Course objectives will be repeated through out the year with an increased level of effort and intensity.

Goals and Objectives

<ul style="list-style-type: none">• Be <u>intense</u>, which is the most important requirement of our program. In order for an athlete to achieve their goals, they must have great training passion, all-out effort, and consistent hard work.
<ul style="list-style-type: none">• Be <u>consistent</u> throughout a training program, before, during, and after workouts. Preparing the body with good eating habits, proper rest and recovery, and training with a high level of intensity day in and day out.
<ul style="list-style-type: none">• Be <u>tough mentally</u> – Training hard, and giving relentless effort each day even when you don't feel like it is mental toughness. Our students must be able to push through each day in the face of discomfort and repeatedly have the willpower to keep going at full effort.
<ul style="list-style-type: none">• Be <u>accountable</u>. Being accountable to your classmates and coaches with everything we do, whether it is training, going to class, or personal decisions. We will be accountable for each others actions. As a Christian and teammate you must come prepared to all workouts and practices prepared.
<ul style="list-style-type: none">• Be in the right <u>mind-set</u>. Approach everyday with a positive, enthusiastic, attitude. This must apply to all phases of your life, including training, spiritual and class work. The first step in achieving your goals is putting all of your heart and soul into that goal.
<ul style="list-style-type: none">• <u>Enhance</u> sport performance-Strength, speed, explosion, agility, flexibility, body composition, nutrition, and conditioning in specific sports.
<ul style="list-style-type: none">• <u>Reduce</u> injury-Healthy muscles and joints decrease the chances of injury. When an injury occurs a well conditioned, well-trained athlete will recover from the injury and spend less time limited in their participation.
<ul style="list-style-type: none">• Increase <u>confidence</u>-The physical and mental gains you make will have you excited and confident to compete against anyone in the league.

Course Requirements and Grading

Grading is based on:

- Weekly logs (35 %)
- Participation (50 %)
- Improvement (5%)
- Change Out (10%)

Penalties that will deduct participation points:

Being tardy
Improper language/attitude
Failure to listen to teacher instructions
Failure to participate to your fullest ability
Not using class time wisely
Not following classroom/weight room rules
Improper workout clothes/shoes

Course Outline

The 2013-2014 Strength Training class will incorporate circuit training to maximize the time allowed for each class period. For each week, a workout will be given that has multiple lifts that need to be performed each day. Students will be put in groups according to their size and weight lifting experience. Each lifter needs to bring a notebook to keep track of the lifts he performs each day. Students will then transfer this data to an iPad app that the teacher will check weekly. Periodically, students will be tested to see what the maximum amount of weight they can lift for certain lifts i.e. the bench press. Each max will be recorded and the improvement for these lifts will also be graded.

Class Policies

1. Dress- Students must "CHANGE OUT" everyday for weights class. Each student must wear a T-shirt with the Berean name or logo on the shirt. Examples of these would be team shirts (football, baseball, basketball, etc.) or a P.E. shirt. Students must wear athletic shorts. New students will be given a Weight Lifting shirt and will be billed \$10 (XXL \$15). Sweats and hoodies are also available for purchase. Each student must wear athletic socks and non-marking shoes. Students are expected to dress out every day except when the teacher indicates otherwise. As is any class, if a student refuses to do what the teacher expects him to do, it will be treated as a discipline problem and his grade will be affected. If a student fails to dress out, the student will be sent to the library to write a paper on a subject of my choice due by the end of the period. Parents will be notified if the problem continues. **THERE WILL BE ABSOLUTELY NO TANK TOPS WORN IN CLASS!** It is also ***STRONGLY ENCOURAGED*** to wear athletic shoes to class, as points will be deducted if athletic shoes are not worn.
2. Excuses- If you are in school you will be expected to participate in strength training. If a student cannot participate due to illness or injury, a parent may call and leave a voice message to excuse her for that day only. Parents may also send me an email. Any further days may be excused by a physician's notice. Should the illness/injury continue for a long duration of time, the student may be referred to a different class at the request of the teacher and the academic advisor. If you do not participate and do not have an excuse, your grade will drop a letter grade for the week. Studying or doing work for another class IS NOT an excuse.
3. Tardies- Class begins five minutes after the tardy bell rings. If you are not in the locker room when the bell rings, you will be marked as tardy. If you are not in the weight room or gym five minutes after the bell, you will lose participation points for the day. If this problem becomes chronic, your parents will be notified.
4. Food - There will be absolutely NO FOOD allowed in the weight room, gym, nor the locker at any time. If you wish to eat a snack, it needs to be done before or after class and outside of the three areas mentioned earlier.
5. Locker Room- Lockers and combinations will be issued by the teacher and are only for strength training clothes (not food or books). You can also store any other athletic wear from sports that you participate in. Proper conduct is expected in the locker and shower area to insure student safety. Personal property of each student is to be respected and left alone. All students should leave valuables locked either in their school locker or P.E. locker during that class period only. **STUDENTS MAY NOT GO TO THEIR CARS BEFORE, DURING, OR AFTER CLASS.** See your handbook for policies on the use of the parking lot.

Rubric for Grading

<u>Weekly Participation Grade</u>	<u>Ways to earn grade</u>
100 (A+)	Participate fully, keep your area clean.

85 (B)	Spend more time talking and horse playing
75 (C)	Completing only 1 or 2 workouts, area is not cleaned up
65 (D)	Does not complete required lifts
55 (F)	Missed workouts, unexcused