**Weight Training 10 Course Outline**

**Welcome to Weight Training 10.** The Weight Training/Strength & Conditioning elective is available to students in grade 10, 11 & 12 who have serious interest in fitness and conditioning as a lifelong fitness activity.  This course is designed to improve the student's understanding of exercise, physiology and muscular anatomy.  The course includes a study of weight training techniques and principles, circuit training programs, nutrition as well as care and prevention of injuries.  Students will develop their own lifting programs.  Video tapes and guest lectures may be a part of the program.

Students will develop their own *Fitness4Life* wellness programs.  Students will record a baseline for fitness testing. They will record individual short and long term goals which will be reviewed at the end of each term. This will allow students to re-evaluate programs and to re-focus on what each individual’s goals are, and how they plan on meeting their individual goals.

It is expected that over the course of the semester students will apply themselves to achieve a number of prescribed learning outcomes but also and more importantly, that they will complete all course material and assignments to the best of their ability.

Students are expected to attend every day; come in with a positive attitude; ready to work out.

Course Breakdown

* Course Work: **80%**

(Term 1, 2, 3 – Cumulative)

* + - Participation (Active Participation, Positive Attitude) 40%
    - Fitness Testing (1 per term) 20%
    - Attendance (Lates, Absences, Strip) 20%
    - Knowledge (Goal Documentation, Quizzes, 20%

Technique, Programs)

* Final Assessment: **20%**

Course Objectives:

* Understand the science of weight training
* Recognize exercise that develop certain muscles groups
* Design and assess fitness programs
* Understand fitness and weight training safety
* Demonstrate proper technique in a variety of lifts
* Develop an understanding of and appreciation for lifetime fitness & personal wellness
* Be exposed to and participate in a variety of conditioning activities
* Increase self-esteem and athletic performance
* Analyze Body Composition and Fitness results
* Learn the truth about weight training myths
* Learn theories behind muscle development & basic principles involved in weight training
* Create goals, long and short term

Content**:**

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| Term | Theme | Specifics |
| 1 | Orientation | Safety (equipment types, liability, spotting)   * Technique (spotting, posture, grip, breathing, range of motion) * Goal setting 1 (weights + cardio + nutrition = PROGRESS) * Beginning Programs (CORE, circuit training, cardio training) * Personal Fitness Testing (Pre-test & 1) |
| 2 | Anatomy | Theory (basic anatomy, basic nutrition, exercise selection)   * Goal Setting 2 * Intermediate Programs (CORE, circuit training, cross training) * Personal Fitness Testing 2 |
| 3 | Periodization & Threshold | Theory (Elements of Fitness, stages of Periodization [ie. Shock, staleness])  Threshold  Systems (CORE, power lifting, bodybuilding, supplements)   * Goal Setting 3 * Advanced Programs (age specific CORE, Circuit, & Crossfit training) * Personal Fitness Testing 3 * Care & Prevention of Injuries   Personal Fitness Planning |
| Final | Personal Wellness & Life Long Fitness | Fitness4Life Webquest |
| Throughout  Year |  | Healthy and Active Living  Social and Community Health  Mental Well-Being |

Course Expectations

Students have been asked to be prepared for every class and are encouraged to participate in every class. This means that attendance and gym strip are not only encouraged but essential for good participation in Weight Training classes.

Gym Strip:

Course requirements call for student to participate in gym strip.  Appropriate gym strip is T-Shirt, shorts, socks, suitable running shoes, and sweat pants/tops when necessary.  Inappropriate gym strip WILL NOT be accepted by the PE department (a 4% loss of mark per class).

Inappropriate strip includes, but is not limited to: sleeveless shirts, offensive clothing, ripped or torn clothes, Crocs, sandals, casual shoes, dress shoes, etc.

PE strip MUST be a change of clothes: not the same thing you wore to school (keep it in your locker so you don’t forget it)

Classwork:

Homework is due on the date assigned by the teacher. All assignments are due at the beginning of class. Should students be absent from class due to illness, it is the student’s responsibility to make contact with the teacher as soon as possible to discuss missed work. Students are encouraged to contact a classmate or the teacher in order to be informed of missed work. Failure to do so can result in missed learning outcomes, and the possibility of receiving a grade of zero for all the assignments missed.

Each student gets one one week extension on a project/essay, no questions asked.

Per term, each student’s lowest two scores for homework/participation will be omitted

Participation/Excuses

* Every student is expected to participate in all activities throughout the year. Excuses must be accompanied with a parent note or doctor’s medical note. Students with lengthier excuses may be asked to participate in Weight Training in an alternative way such as written assignments, etc. Excuses should state the following:
* Student’s full name, date and reason for the excuse
* Duration (dates) of the absence
* Type of restriction(s).  ie. Broken finger

Langley Graduate Program

* Each student is assigned to a partner who acts in a responsible way to ensure that the person is using proper technique, and following all safety rules.
* Students are self-directed in their training facilitated by the teacher to strive for their personal best.

Classroom Expectations

**Phones are NOT to be in the weight training classroom. WGSS PE guidelines prohibit the use of cell phones during PE classes, and weight training is no different. Leave phones in lockers or somewhere safe, to avoid temptation of using it in class**

Students caught using their phones will be asked to leave the class and have to make the class up at a later date

Appropriate behaviour is expected in the weight room: it can be dangerous to fool around inside the weight room. Students who fail to adhere to this rule may be removed from the class or sit out on activities

Treat others as you wish to be treated, we are all together for the year, so keeping friendly with everyone else will make it easier and more fun for all – bullying will NOT be accepted in this classroom

Water or other non-mess drinks cannot be taken into the weight room. Bottles can be left at the window ledge by the door and drank there, but not to leave that area. Privileges CAN be taken away!

There is a water fountain that can be used in the weight room, but it must be kept clean. If messes start to arise the use of the water fountain will be taken away.

If we go outside, we are to be quiet and respectful of other classes still in session.

When returning from outside, any dirt or mud MUST be smashed off of shoes OUTSIDE. Making a mess in the change room or weight room will have outside privileges taken away.

Change room by the weight room is a privilege and can be taken away if abused.

Teacher Information

Mr. Adam Salter

Email: [asalter@sd35.bc.ca](mailto:asalter@sd35.bc.ca) Classrooms: Rm. 154 or Weight Room (Rm. 224)

Office hours: (subject to change)

Before school: Monday – Friday 8:00 – 8:20

After school: Monday – Friday 2:44 – 3:15