

## Weight Training and Conditioning SYLLABUS

**Teacher:** Greg Kubicki

**Voicemail:** 473-8368

**Room Location:** Weight Room/Fieldhouse **E-mail:** gkubicki@wls4kids.org

**Course Length:** Semester

**Course Description:** The Introduction to Weight Training Elective Physical Education class will introduce a basic weight training program for the novice and intermediate lifter. Various lifts and machines will be introduced, with spotting and safety techniques heavily emphasized. The Bigger, Faster, Stronger (BFS) lifting program will be utilized to track individual performance. The Advanced Weight Training class will expand on concepts and techniques learned in the Introduction class. These classes will also include running, circuit training, conditioning drills, cross fit activities, and numerous sports activities.

### **Materials Needed:**

- Combination Lock
- P.E. Clothes- Shorts/Sweats, Shirt/T-Shirt
- Tennis Shoes- Preferably an older pair because we go outside

**Grading Policy:** Students will be graded on participation, attendance, effort, homework, quizzes, and a final exam. Because physical education is a participation class, attendance is very important. Points will be deducted from students' grades even if the absence is excused. Extra credit may be offered throughout the semester.

**Homework Policy:** Homework will be given throughout the semester to reinforce the basic principles of weight training and conditioning. Homework will consist of, but not be limited to: basic human anatomy principles, simple mathematics problems to calculate predicted maximum lifting potential, definitions of workout principles and muscle movements, research of exercise supplements and performance enhancing drugs, and small group activities. Homework points will be added to the total points to determine the final grade.

**Late Work/Absent Work Policy:** It is the students' responsibility to get any work that was missed because of an absence. Late work will be accepted one day late for 50% credit. Any work turned in later that one day, will not be accepted. Students are also responsible for any work that should be completed because of assignment to IRP. If work is not done in IRP, the absence from class will be considered UNEXCUSED.

**Miscellaneous Information:** Students are expected to dress and participate EVERYDAY for weight training.