

Marion High School
Physical Education
Strength Training and Conditioning

Teacher: Mr. Bailey

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Course Description: This is a physical education *elective* that is an intense activity course. It is for the student who is serious about reaching their maximum potential in strength and fitness. Students will set goals and record their individual progress throughout the semester.

Upon completion of the course the student will:

- * Be able to demonstrate and perform proper weight lifting techniques for a variety of lifts.
- * Be able to demonstrate knowledge of various muscles and resistance exercise that would strengthen them.
- * Identify and be able to apply basic work-out concepts such as the overload principle.
- * Show improvement in muscular strength, muscular endurance, and power through a program of strength training.

Daily Grade Information

We will work on a 10-point system for daily grade. It will include:

Attendance & Dress - 1 point

Warm-Up – 1 point

Fitness Phase – 4 points

Weight Training Phase – 4 points (all workouts **must** be completed for points; no partial credit given)

No Dress Policy

- After 3 non-dresses there will be a call home
- Excessive non-dress will result in failure

Other Grade Information

Record keeping will be an integral part of the overall grade. Reading of articles related to weight training and strength development may also be assigned. There may also be periodic tests over any handouts. Dressing and participation will be the most significant portion of the grade by far. Basic grade breakdown will be as follows:

Major Assessments - 40%

Quizzes – 30%

Homework/Classwork/Cooperative Learning/Bellwork – 20%

Writing and Reading Response – 10%

Grading Scale

A=90-100

B=80-89

C=79-70

D=69-60

F=59-0

Physical Education Uniforms

The physical education department requires uniforms to be worn during class. This includes uniform shirt, shorts (or sweats), and gym shoes. Shirts must have sleeves and shoes must be closed-toed and clean (no sandals, flip flops, etc).

Pre-and Post-Work-Out Procedures

Students will dress in the P.E. locker rooms. All students are expected to be in the gym at a designated area by **4** minutes after the last bell to start the class. Failure to be in that area will result in the student being given a **tardy** notice. We will do a warm-up in the gym and then a fitness activity in the gym, outside, or in the weight room. Wherever we go we will proceed as a group. Students should go to the restroom or get a drink prior to going out because those facilities are not available in the weight room. You cannot leave the weight room for any reason without permission. Unless I fail to get you back inside in a timely fashion, do not expect me to give you a pass to your next class. I will try to give you at least 5 minutes to change.

Weight Room Rules:

- *Absolutely No Horseplay, Inappropriate Behavior, or Profanity.**
- *No food or drink (except water) is allowed in the weight room.**
- *Students cannot adjust the stereo or any of the other audio/video equipment without permission from the teacher/coach in charge.**
- *Make sure your area is clean of equipment and is safe before lifting.**
- *Make sure others around you are paying attention and are clear of your lift.**
- *Use safe and proper lifting techniques. Use a belt if necessary.**
- *Never interfere with others who are lifting.**
- *Make sure weights are loaded correctly.**
- *Spot carefully: Concentrate on your lifting partner.**
- *Return weights to the rack when finished.**
- *Do your part in cleaning up at the end of your lifting session.**
- *Help, encourage, and respect your partner and everyone else in the class.**