Everett High School

**Weight Training**

*Mr. Will Soren*

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*425.385.4456*

*Prep Period/ Lunch 10:30-12:00*

**Course Description**

This course is for students interested in strength development, muscular endurance, and overall fitness. Students will develop strength, power, flexibility, and will learn a variety of lifts, plyometrics, and agility drills.

**Course Materials**

* Each student is given the opportunity to check-out a lock and basket to secure their PE attire and valuables. **Leave all electronic devices in locker room. Everett High School is not responsible for lost or stolen items.**
* All students are expected to wear proper athletic attire (athletic shoes **(no sandals, flip flops, toms),** appropriate shorts/ sweatpants, t-shirts).

**Course Objectives**

* Improve student’s physical fitness.
* Help students find a form of exercise they will want to continue throughout their lives.
* Increase individuals awareness of what exercise can do for the body.
* Obtain knowledge of the 5 components of fitness; cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

**Course Topics**

* Cardiovascular Endurance: Jogging, jump roping, PACER test, etc.
* Muscular Strength: Circuit training, resistance training, etc.
* Muscular Endurance: Push-ups, sit-ups and other body weight exercises, etc.
* Flexibility: Dynamic/ Static stretching, warm up routines, etc.
* Body Composition: Understanding how above activities relate to healthy bodies.
* Team sports, individual sports, etc.

**Classroom Expectations**

* Students will be expected to attend class daily, suit down in proper attire, participate fully and be respectful to themselves, the equipment and others.
* Students are expected to be dressed and waiting in the hallway within **5 minutes** of the tardy bell.
* **All electronic devices** will be locked in the student’s locker and not allowed in class.
* Dismissal will be from the locker room. Please do not leave early or there will be consequences.
* We will be following the Everett High School attendance policy. (see student handbook)

**Grading**

***Grading Scale (%)***

***A*** *93-100* ***C+*** *77-79*

***A-*** *90-92* ***C*** *73-76*

***B+*** *87-89* ***C-*** *70-72*

***B*** *83-86* ***D*** *60-69*

***B-*** *80-82* ***F*** *Below 60*

***50% Participation****:* 10 points daily for suiting up and participation in class activities. This is a participation based class. You will be expected to attend and participate daily. Failure to do so will have a negative impact on your grade

***50% Sportsmanship and Effort, Cognitive Tests and Fitness:*** The expectation is to treat all with respect and contribute maximum effort each day. Fitness activities will be graded in addition to your daily participation points. Fitness tests consisting of push-ups, sit-ups, sit and reach, and pacer test will be administered throughout the semester.

**Absence/Make-up Policy**

Since this is a participation class, excessive absences and any non-suits will affect your grade. Credit will be lost if you **exceed 12 days of absences/ nonsuits**. (Extenuating circumstances will be dealt with on a one to one basis)

There will be opportunities to make up excused absences. These will be offered, at the teacher’s discretion, before and after school and/or during testing days.

**Academic Honesty**

At Everett High School we value honesty and integrity of work. Our expectation is that you will always try your best and have an honest reflection of your abilities and effort. Dishonesty will negatively impact your grade!