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| Course: Intro. to Weight Lifting | Teacher: Eric Hruschka  e-mail: ehruschka@everettsd.org  Telephone: (425) 385-7034 | | Planning  Period: 5th |
| Course Description: | | | |
| This course is one of the ways in which students can fulfill the 10th grade P.E. requirement. This class will have an emphasis on weight training, proper lifting techniques, safety and the muscular system. The goal of this class is to expose the students to a wide range of different types of lifting activities that they may continue to perform throughout their lives. | | | |
| Essential Student Learning Outcomes: | | | |
| The students acquire the knowledge and skill necessary to maintain an active life: movement, physical fitness, and nutrition.   * Students will develop fundamentals and complex movement skills as developmentally appropriate. * Students will safely participate in a variety of developmentally appropriate physical activities. * Students will understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals. * Students will understand the relationship of nutrition and food nutrients to physical performance and body composition. * Students will develop a consistency of daily activity in the class by suiting up and participating * Students will develop a sense of sportsmanship, safety and cooperation needed for all activities in class. | | | |
| Course Outline: | | Grading Scale: | |
| This class will consist of daily lifting (formative). Students will be required to fill out their daily lifting logs as part of their grades (summative). Throughout the week, students will be required to work on different muscle groups with number of sets and reps changing based on student progression. Muscle areas consist of the; Deltoids, Latissimus dorsi, Trapezius, Biceps, and Triceps, Abs, Pectorals and Legs. A written test of muscles will also be given. (Summative)  One unit will be focused on Circuit training.  One day a week will be scheduled for cardio exercises.  Students will be working in pairs according to their ability level.  Students will be instructed and shown the proper lifting techniques in the entire weight room. Students must demonstrate the proper lifting techniques that they will be using during the semester. Students then need to be checked off by the teacher showing competency on the proper lifting techniques. Once approved student are able to use the lifts. Spotting will also be taught and be part of your grade. | | Formative: 60%  Summative: 40%  A = 93 % - 100%  A- = 90% - 93%  B+ = 87% - 89%  B = 83% - 86%  B- = 80% - 82%  C+ = 77% - 79%  C = 73% - 76%  C- = 70% - 72%  D+ = 67% - 69%  D = 60% - 66%  F = 59% and below  **Loss of points:**  Non Participation  Non suit  Tardy  Safety issues (gum,jewelry,etc.)  Lack of sportsmanship & cooperation  Lack of Effort  Electronics  Not following directions | |

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| Additional Information: |
| JACKSON HIGH SCHOOL  CARE OF EQUIPMENT /SAFETY PRECAUTIONS  **CARE OF EQUIPMENT**   1. All weights must be placed in their proper rack immediately after use. 2. Do not drop weights on the floor or benches. 3. Do not bang weights together or drop the plates. 4. If any dumbbell, cable or any other type of equipment needs repair contact the teacher immediately. 5. Do not place dumbbells or weights on benches. 6. No food or drinks are allowed in the weight room.   **SAFETY PRECAUTIONS**   1. Always use and tighten clamps on adjustable bars. 2. Rely on leg power rather than back strength in lifting heavy weights from the vertical as possible. 3. Clear the floor area to avoid falling over other weights. 4. You must wear a weight belt while performing standing lifts. 5. You must wear appropriate P.E. clothing (including shoes) while lifting. 6. Always use a spotter on all free weights. 7. No horseplay for any reason. 8. Use only equipment and exercises that the instructor has permitted and given demonstration of its use. 9. No student is allowed in the weight room without a teacher or instructor in the room. 10. The teacher or instructor will control the room music. 11. Any violation of the rules will lead to short-term or permanent exclusion of the use of the facility. |