

## Springville Physical Education: Weight Training

Coach Hall

**Course Description:** This one-semester course enables students to acquire basic knowledge and practice of various fitness components, specifically cardiovascular endurance, muscular strength, muscular endurance, and flexibility. Students will not only learn the benefits of sustained fitness and well-being, but they will be exposed to a variety of lifetime fitness activities. Additionally, these skills and activities offer positive ways to cope with stress and contribute to the quality of life, not only as students now, but also as future adults.

**Website:** All students will be required to access the course website and print out materials needed for class when instructed! This website will be very important to your success throughout this course! The web site address is: [sites.google.com/a/nebo.edu/shspe](https://sites.google.com/a/nebo.edu/shspe) **All students have access to internet & printers at school!**

### **Student Expectations & Evaluations:**

1) **Citizenship & Participation 50%** Participation in any physical education class is obviously a tremendous part of class. If a student is absent or is inadequately dressed, it is difficult if not impossible to participate, so in these instances, **NO** participation points will be awarded.

Students will be given a grade for their attitude and behavior in class. Each student is expected to come to class with a positive attitude and willing to participate in class activities to the best of her ability. This is a FITNESS CLASS...we will be exercising every day and you will be graded on participation! Those who choose to waste time or have a poor attitude will be rewarded accordingly!!

Students **MUST BE DRESSED in appropriate P.E. attire** in order to get points for participating. This includes a t-shirt, modest shorts or sweatpants, and socks and gym shoes that lace up. Toms, Bobs, flip-flops, loafers, DC's, Sperry's, etc. are NOT appropriate gym shoes.

\*\*If a student is unable to participate due to injury or illness, she is expected to bring a note from a parent **prior** to the start of class, but **SHE MUST STILL DRESS OUT!!** Without a parent note, students will be required to participate. If students will be out for more than one class period due to illness/injury, **a doctor's note will be necessary to keep on file.**

\*\*If non-participation days **exceed** 2, student will still be expected to make-up their points on their own time as described below when they are cleared to participate in physical activity again.

*Students will be given 10 points daily. Points will be deducted as described above.*

\*\***Extra Credit:** Students can make up their participation points by attending a community fitness or gym class and filling out the proper paperwork with signatures. You will only be allowed to make up 3 **excused** absences. Absences must be excused by a parent within 2 days of the absence. Documentation of make-up points must be signed by parent and will be due (1) week before the term ends. There is a list of potential activities listed on the bulletin board in the girl's locker room. **"No dress" cannot be made up.**

2) **Attendance 10%** Roll call will be taken (8) minutes after the tardy bell! If you are not in the locker room when the bell rings YOU ARE TARDY and will lose half your daily points! If you are not on time for roll call, you will be marked ABSENT! Should you arrive late to class, it is YOUR responsibility to check in with the instructor and make appropriate adjustments. GET DRESSED **BEFORE** CHECKING IN TO CLASS! Truancy from class will constitute a permanent grade reduction and loss of any other points given that day. These points CANNOT be made up! You will be responsible for any make-up work you miss while you are absent from class; this should be completed within **one week** of your absence.

**\*\*Attendance & participation points will be awarded in full for EXCUSED or ACTIVITY ABSENCES up to TWO absences. After that, make up participation sessions must be attended!**

- 3) **Written Assessments & Assignments 10%** Written tests may be given regarding course information which will be available through lecture and/or handouts. Students will be advised of all tests and will be expected to come prepared with a pencil. Handouts will be available on the class website so that students can study & be prepared for each test. *Students will be able to retake tests up to ONE WEEK after the test is given.* There will be one course project that will be assigned during the second term of the semester course.
- 4) **Fitness and Max Lift Tests 10%** Fitness tests will be given regularly throughout the semester. Each student is expected to complete the tests to the best of her ability. These will be graded based upon progress and completion. *If students are absent the day of testing, they MUST make these up after school within ONE WEEK of their absence or they will NOT be allowed to make up these points for credit.*
- 5) **Exercise Logs 20%** One of the major purposes of this class is to encourage lifetime fitness; students will be required to participate *at least* two times a week **outside of class in 30-60 minutes or more of physical activity within their target heart rate zone.** These will be checked TWICE a month; once at the beginning to ensure you've made a plan, and second at the end of the month to see that you've followed through with that plan. You need to stay up-to-date on your monthly logs or you will lose points!

**Grading Scale:** I follow the standard school grading scale.

**Class Materials:** Folder with printed course materials, blank notebook paper; pencil

**Lockers:** Each student will be issued a small locker prior to the beginning of activities. Students are expected to keep their combinations confidential and lock all items inside their locker. **The locker room is the NUMBER ONE PLACE FOR THEFT!** SHS is **NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS from the locker room!!** Showers are available for student use, but you must provide your own towel.

**Mission Statement:** *I believe that everyone, not just athletes, can be healthy & physically fit! Each individual is responsible for his/her lifestyle & must make moderate physical activity a part of their daily routine.*

**EAT RIGHT, GET FIT...WORK HARD, NEVER QUIT!!**

**YOU CAN DO HARD THINGS!!**

**Community Physical Activity Ideas: (See proper form on course website)**

- Springville Public Library
  - Yoga (Wed 4pm; Occasional Tues 8pm)
  - Zumba (Sat. 10am)
- Springville Community Education (SHS)
  - Aerobics/Jazzercise (Tues/Thurs 6-7am) \$3/class or \$18/month
  - Spinning (Tues/Thurs 5:30-6:10am, 6:15-7am, 8-9pm) \$2 walk-in fee
- Sweaty Chix Fitness 875 N. Main Springville; see store/website calendar for details
- Zumba.com for local classes
- CrossFit Teens (Elevated CrossFit) 96 N. Main (801) 477-7011 for more info

PLEASE KEEP THIS COPY FOR FUTURE REFERENCE  
SIGN & RETURN THE BACK PAGE

**Parent Permission:** I have read the course information, understand the requirements for participating in physical education at SHS, and have completed the information below to the best of my knowledge. I will not hold Springville High School nor Nebo School District liable for any injuries that occur while participating in any physical education class under proper supervision.

I give permission for Ms. Hall to take activity photos of my child to use on the school/class website or for promoting fitness activities within the classroom.

I give permission for my child to participate in off-campus activities that foster personal fitness and are supervised by a teacher or member of the Nebo School District.

Parent's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Contact Number \_\_\_\_\_ Best time to reach: AM PM

Student's Name (Printed) \_\_\_\_\_

Student's Signature \_\_\_\_\_ Date: \_\_\_\_\_ Class Period \_\_\_\_\_

**PLEASE INCLUDE** any comments, concerns, or anything else you'd like me to know including history of illness, injury, or health conditions (ie: asthma, diabetes, epilepsy, fainting, heart disease, hearing problems etc):

**Parent Consent & Acknowledgement of  
Management of Concussions & Head Injuries Policy**  
(Required by Utah Code Ann., 26-53-201)

I, \_\_\_\_\_, parent/legal guardian of \_\_\_\_\_,  
hereby acknowledge that I have read, understand, & agree to abide by Nebo School District's Policy #JHG, Management of Concussions and Head Injuries, & give my consent to allow my student to participate in a "sporting event," which includes any game, practice, tryout, physical education class, sports camp, competition, & activity sponsored by Nebo School District or in connection with the Utah High School Activities Association (UHSAA) for the 2013-2014 school year.

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

*Policy #JHG, Management of Concussions & Head Injuries can be accessed on Nebo School District's website at [www.nebo.edu](http://www.nebo.edu). Go to the "Information" tab and then click on the "Policies" section.*