

# Weight Training

Teacher: Coach Kip Spencer

Fall 2011

Classroom: Weight Room

Springville High

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If you need to contact Coach Spencer please email anytime or call during school hours. If you would like to meet in person, email would be best to schedule an appointment.

## **Course Description & Overview:**

Weight Training classes are designed to help students understand how to exercise using resistance training. Students should be motivated and excited to come to class each day. The students will be on the nationally known “Bigger, Faster, Stronger” weight training program. The students will have daily logs that keep their performances up to date.

## **Class Absences/Tardies and Make-up Work:**

1. Weight Training is mainly a participation class and no participation points will be rewarded for any unexcused absences.
2. Any day a student does not dress they will not be given participation points (you cannot participate if you are not dressed). Exercise clothing is considered being dressed, no flip flops, jeans, cargo shorts, or button shirts allowed. If you are sick, you can still dress as if you were going to work out.
3. Whether you dress or not, if you don't work out you lose your participation points. Flexibility will be given to those that are sick or injured. (Extended periods call for a doctor's note and parent contact)
4. Up to Four absences can be made up. Two Tardies is considered one absence. Make up assignments will be given out by Coach Spencer to those who request them.
5. Tardies will be attached to your attendance grade. A student is considered tardy five minutes after the tardy bell has rung and up to 10 minutes after the tardy bell has rung.

## **Student Behavior and Expectations:**

Roll will be taken 5 minutes after the tardy bell has rung and the students should be in their exercise attire. This process was/will be explained on the first day of class. Every student is required to dress out even if they are not participating. There will be locks and lockers given to each student to secure their belongings, please take exercise clothing home and wash. The school is not responsible for stolen or damaged property.

**Class Rules:**

There are 5 basic rules for my classes (weight room has safety rules as well):

R: Respect others and yourself (ask for permission)

U: Use appropriate language

L: Learn for life and learn to live

E: Exercise is a must (participation)

S: Strive to improve

**Grading:** (24 days of class per term)

- 1. Attendance (5 points daily)
  - On time = 5 points
  - Tardy = 3 points
  - After Tardy = 1 point
  - Absence = 0 points 120 Points
- 2. Dress Points (5 points daily) 120 Points
- 3. Participation
  - a. Daily Lifting (20 Points a day) 480 Points
  - b. BFS Log (80 Points Total) 80 Points
- 4. Daily Questions (10 Points Each, 4 freebies) 200 Points

Total Points Possible: 1000 pts

Total Percentage Breakdown

A = 94%	940-1000 Points	A- = 90%	900-939 Points
B+ = 87%	870-899 Points	B = 84%	840-869 Points
B- = 80%	800-839 Points	C+ = 77%	770-799 Points
C = 74%	740-769 Points	C- = 70%	700-739 Points
D+ = 67%	670-699 Points	D = 64%	640-669 Points
D- = 60%	600-639 Points	F = 0%	0-599 Points

Please Return This Page to Coach Kip Spencer

I have read and understood all the information given in the Weight Training disclosure document.

Student Name: \_\_\_\_\_ Period: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_

Date: \_\_\_\_\_