

Strength Training and Fitness
Course Syllabus
Mr. Hernandez
Email

Goal: To introduce students to the benefits of resistance training in their overall fitness program.

Course Objectives: As a result of taking this course the students will be able to...

- Identify all the major muscles of the human body.
- Identify various weight training exercises that work each human muscle.
- Demonstrate an understanding of the principles of resistance training and the muscle building process.
- Establish realistic short and long term fitness and strength goals
- Develop and maintain a program based on those goals
- Develop group cooperative skills by learning how to correctly spot a partner.
- Increase overall muscle strength through consistent weight training.
- Increase overall muscle mass while decreasing overall body fat.
- Increase total body conditioning including cardiovascular levels.
- Increase flexibility and decrease injury risk through daily stretching exercises.

Grading Policy: Students are graded using two methods of assessment

Formative Assessments (80%)

Ongoing formal evaluation of students understanding of concepts

Summative Assessments (20%)

Unit, quarter or semester final exams

Expectations:

- Attend all classes and report on time to both the locker room and the weight room.
- Dress for class and participate fully for the entire class period.
- Use equipment in a safe manner and return weights to racks after use.
- Keep accurate and up to date records of workouts.
- Stay in weight room unless prior approval from instructor is given to leave.
- Students will monitor their grade using Ed-Line.

Medical Excuses

- A note from home will allow the student to be excused from participation for one class period.
- For more than one class period, a note from a doctor must be obtained.
- Any long-term medical excuse will require the student to make up the missed participation points by completing an extra credit project approved by the teacher.
- Game days are not a medical excuse from participation!

Supplies

- Appropriate change of clothes including athletic shorts t-shirt, and athletic shoes.
- A separate three-ring, hardback, 1 inch binding notebook with pockets for handouts.
- A pen or pencil for every class.
- Clothes for cold outdoor weather.