

# ***Weightlifting Class Syllabus***

***Instructor: Mr. Redhead***

## ***Course Outline***

The purpose of this course is to enhance physical fitness through exercise with free weight and fitness machines. Work outs will be devised to fit the individual needs of student when applicable.

## ***Course Requirement***

1. A PE issue t-shirt and shorts.
2. Athletic shoes.
3. Towel and shower supplies if you plan to shower.

## ***Weight Room Rules***

1. All students participating must be dressed appropriately in T-Shirt, Shorts, and Athletic shoes. NO Tank tops, Cut up T-Shirts, Flip Flops, or Sandals.
2. PE uniforms are required and must be worn to receive full credit.
3. All students will be either, spotting their partner, or engaged in an exercise. Sitting, Talking, or standing around doing nothing will not be tolerated.
4. Students are expected to exert themselves and make an effort to become stronger. Those who are not working hard, or who are just going through the motions will not receive credit for the day's workout.
5. All weights picked up and racked before you leave.
6. No food or drinks are allowed in the weight room. NO EXCEPTIONS!
7. Horseplay and fooling around is not permitted. This type of behavior can result in serious injury to yourself or others.

## ***Grading Procedures***

A daily grade will be given to all students once the course begins. A total number of points are allowed and students gain these points when they fulfill the requirements of the course.

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| <b>40%</b> | <b>Daily dress out</b>  |
| <b>40%</b> | <b>Daily Participation</b>  |
| <b>20%</b> | <b>Tests (oral &amp; written), portfolio, adherence to daily workout plan</b> |

**\*\*All students with medical disabilities and or ailments must report them to the instructor. A doctor's note must be provided for participation to be excused without penalty.**