

Weight Training
COURSE SYLLABUS
2015-16
INSTRUCTOR: Mr. Willie Dudley

CLASSROOM LOCATION: Weight Room
CLASSROOM PHONE: Cell: 520.405.8005
E-MAIL ADDRESS: wdudley@fhUSD.org
INSTRUCTOR WEB PAGE: TBA

A. COURSE DESCRIPTION

This is a strength, conditioning and sports training class. Workouts include core work, speed training, flexibility, agility work, and reaction and fast twitch muscle development. Strength training includes the opportunity for improvement in growth, strength, and power.

- Classroom rules: Be Here, Be on Time, Be Responsible, Be Respectful, Be Safe
- No Food, Candy, or Drinks (*exception: water*)-

B. METHOD OF INSTRUCTION

Power point, lecture and video demonstrations of proper techniques in speed, core, agility and strength training.

C. COURSE OBJECTIVES

Students will be able to:

1. Understand, articulate and demonstrate the proper technique for core lifts
2. Understand, articulate and demonstrate the proper technique for speed development
3. Understand, articulate and demonstrate the proper technique for auxiliary lifts.
4. Understand, articulate and demonstrate the proper techniques for foot quickness drills
5. Understand, articulate and demonstrate the proper techniques for core development

D. GRADING PLAN

Students will receive 10 points for every day of participation. No credit will be given for an absence without make-up work (see below for make-up), a non-dress or non-participation.

1. Dressing out 3 points
2. Warm up 2 points
3. Participation 3 points
4. Clean up 2 points

E. PARTICIPATION

Dress Code:

Black or Blue Shorts
Falcon Gear T-Shirt

All Gear should be Falcon gear.

Students may not wear clothes worn during the school day even if considered P.E. attire. P.E. clothes may be stored in P.E. lockers issued the second or third day of school. A locker with lock will be provided.

Students with medical issues are still expected to dress out and will be given alternative assignments that will be adapted for their medical issue.

Locker Rooms: During class the locker room will be locked and students are not allowed in the locker room unless it is an emergency. **Please use the restroom prior to or after class, not during class.**

Participation: Students are expected to push themselves in class and actively participate to the best of their ability. If sincere effort is exhibited each student will receive full credit for the day.

Absences: 10 points will be lost for every absence. Students may make up absences by doing 45 minutes of physical activity at their home. Parent or guardian must verify this activity by signing a make-up sheet. This must be made up within 1 week of returning to class for full credit, otherwise the student will receive no credit for that missed day. It is up to the student to remember to **complete** a “Make-up verification sheet” and return it. Please email one sheet for EVERY absence by midnight dated one week after an absence.

Email title must be exact:

Example: **Period 1 WILLIE D August 10, 2015**

1. All email title/subject line must start with Period/Class Time
2. All caps first name and first initial of last name.
3. Date of absence.

Ideas: Any cardio or core workout, yardwork, hauling bricks, scrubbing floors or tubs, literally running to the store for Mom or Dad.

Tardy Policy: Students must be in the locker room at the second bell. Students must be sitting down in roll call lines when roll is taken.

F. CLASSROOM RULES OF CONDUCT

Our classroom agrees to:

1. Respect others – being kind and forgiving
2. Being prepared and prompt
3. Keeping hands, feet, and objects to myself
4. Following safety directions and school rules
5. Encouraging each other
6. Participating with great effort.

Consequences for inappropriate behavior:

1. Discipline plan with Coach Dudley, Parent/Guardian and Students.

Please return this page to Coach Dudley or email Coach Dudley at wdudley@fhusd.org by: Midnight **Tuesday August 28, 2015**

I have completely read and understand the policies and procedures set out for Weight Training. I agree that my child will abide by these policies and procedures and that, in the event that my he/she chooses not to follow these guidelines, I will accept the consequences of his/her choice. I understand the make-up policy and procedure.

Signed and Dated

Parent: _____

Student: _____

Print Student Name: _____

Student Make Up Sheet. Please return via email to Coach Dudley and a copy going to your parent/guardian.

Student Name:	PE Make-Up Work Out 45 Minutes
PE Absence Date:	Dudley Period 1 2 3 4 5 (Circle One)
Description of Activity:	
Name of Supervising Adult: Phone Number:	
Please email one sheet for EVERY absence by midnight dated one week after an absence. Email title must be exact: Example: Period 1 WILLIE D August 10, 2015 4. All email title/subject line must start with Period/Class Time 5. All caps first name and first initial of last name. 6. Date of absence.	