

Buford High School

HIGH SCHOOL COURSE SYLLABUS

COURSE TITLE.....Physical Cond./Body Sculpt.
TEACHERLuttrell , Appling, Martin

TERMFall 2015
ROOM #.....Weight Room

Email Address	Stan.luttrell@bufordcityschools.org
Teacher Web Page	bryant.appling@bufordcityschools.org eddie.martin@bufordcityschools.org
Teacher Support (Help sessions etc.)	Help sessions are available before school on Tuesdays and Thursdays in the Weight room

COURSE DESCRIPTION

This course includes learning proper technique in the weight room while executing all Olympic lifts and various exercises, plus identify necessary safety concerns and become familiar with basic terminology required to carry out a weight training program. The course is also designed to have the student become aware of the physiological and psychological affects that weight training may have on them. Examples, simply to improve muscle function, to look better, to feel better, to move better, to utilize calories better, to work better, to play better, to reduce the risk of injury, and to delay the degenerative processes that are a natural part of aging.

COURSE CURRICULUM CONTENT

The Georgia Performance Standards for this course can be accessed online at georgiastandards.org.

GEORGIA PERFORMANCE STANDARDS	UNITS/TOPICS
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	

INSTRUCTIONAL MATERIALS AND SUPPLIES

Published Materials	Instructional Supplies
	1) Notebook (kept in weight room) 2) Proper Clothing

EVALUATION AND GRADING

Assignments	Grade Weights	Grading Scale
Participation/Quizzes Benchmarks	Participation/Quizzes 70% Benchmarks 30%	A: 90 and above B: 80 – 89 C: 74 – 79 D: 70 – 73 F: 69 or below

OTHER INFORMATION

Expectations for Success	Additional Requirements/Resources
<ol style="list-style-type: none"> 1) Dress out and participate daily 2) Ask questions 3) Participate constructively as a team member 4) Challenge yourself to continuously improve 5) Students are expected to be in the Field house/Gym WR area by the time the bell rings. If student is late the student will receive a tardy. (Five minutes to be out of the locker room!) 6) Follow directions and all safety precautions the first time they are given. Refusing to cooperate with the instructor or other students in class, using inappropriate language, horseplay, and being disrespectful will not be tolerated at anytime. If you act inappropriately, you will be removed from the class activity and receive a "0" for the day. You may also be subject to Teacher detention, and or an office referral. 7) NO FOOD OR DRINK IS ALLOWED IN THE WEIGHT OR LOCKER ROOM. 8) Students should leave any valuables in their school locker or at home. The PE Dept. will NOT be responsible for any lost or stolen items! 9) Book bags may not be brought to class. A mesh bag may be used to transport clothes from school locker to gym. 10) The weight room is the classroom, meaning that you do not leave the weight room without permission from an instructor. That means to the restroom, training room, water fountain, ice room, etc.... This will result in a detention, and repeated violations will result in further disciplinary actions. 	<ul style="list-style-type: none"> • Student can set up time for extra help on Tuesdays and Thursday mornings • <i>Dress Code Policy</i> <p>PE Dress Code: Students must dress out in proper clothing for Physical Education classes. PE clothes may be shorts, athletic pants, sweatpants, t-shirts, sweatshirts, or running/tennis shoes. Clothing may be of any color, but it must meet the school dress code in terms of proper length and fit with no inappropriate messages printed on the clothing. Compression/spandex clothing may be worn under appropriate clothing if desired. (Examples of clothing NOT allowed: tank tops, sleeveless shirts, yoga pants, running tights or leggings, short running shorts, & NO FLIP FLOPS OR SANDALS)</p> <p>Medical Information:</p> <ol style="list-style-type: none"> 1. All medical issues should be checked by school nurse. 2. If a student is sick, a note is required to excuse him/her from physical activity. The note should have the parent signature and contact phone number or e-mail. All notes should be taken to school nurse. An alternative assignment will be given. Excessive absences or extended illness/injury will require a doctor's note.

TEACHER CONSEQUENCES FOR MINOR CLASSROOM DISRUPTIONS	
1 st	Penalty assigned at teacher's discretion – Parent Contact
2 nd	30 minute faculty detention and parent contact
3 rd	1 hour faculty detention and parent contact
4 th	Administrative Referral

I have read and understand the Personal Fitness course syllabus.

Student's Name: _____

Student's Signature: _____

Parent's Name: _____

Parent's E-Mail: _____

Parent's Contact Number: _____

Parent's Signature: _____