

Westfield High School

2011-2012 Weight Training

Student: _____ Period (circle): 1 2 3 4 5 6 7

Weight Training is an activity-based class. Students will be graded on several criteria, but the most important one is active participation in daily workouts, which will include lifting and cardiovascular exercise. The student's quarter grade will be determined by the following:

Grading criteria:

- 80% Participation (preparation, technique, safety, warm-ups)
- 20% Assessment (max outs, technique evaluation)
- All students are expected to make up days when absent. Make-ups can be scheduled with your Personal Fitness instructor.
- 100-93 A, 92-90 A-, 89-87 B+, 86-83 B, 82-80 B-, 79-77 C+, 76-73 C, 72-70 C-, 69-67 D+, 66-64 D, 63-0 F

Weight Room Rules and Procedures:

1. Safety is our top priority. Always have a spotter and collars **MUST** be used on all bars when lifting.
2. Always use proper form and technique to avoid injuries. Report any injuries to your teacher at once.
3. Plates, bars, benches, dumbbells, etc. are to be returned/cleaned up.
4. No food, drinks or gum at any time. **ONLY WATER!**
5. Pay attention and no inappropriate behavior allowed! Your safety and your partners' depend on it.
6. Attendance and active participation are necessary for you to become personally fit and get the most from this class.
7. Missed workouts due to excused absences need to be arranged with your Personal Fitness instructor.

Class Procedures:

1. Be on time and dress out each day for participation.
2. Follow your weight program set up by your instructor.
3. Do not alter your program unless you communicate with your instructor first.
4. Stay on task, which will allow you to complete all your lifts. This is not a sitting class.
5. Record your lifts on a daily basis.
6. Work hard and have fun.

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Dress Code:

1. Proper workout gear is required to lift. This may include a Westfield P.E. uniform, athletic t-shirt, athletic shorts or sweats.
2. Athletic shoes are required. No sandals, flip flops or other shoes allowed.

Make-Up Work Policy:

Excused Absence (*taken from FCPS Grading and Reporting to Parents*)

- Students are fully responsible for completing any missed assignments. Each day of absence affords one school day of makeup work opportunity. Students have a maximum of ten days to make up work missed during an excused period of absence. However, the period of time allowed to make up work may be extended at the discretion of the teacher.
- Makeup work for excused absences is graded and recorded in the grade book by teachers without penalty to students. For approved prearranged absence, a student may request assignments in advance of the absence. Teachers will provide regular or alternative assignments in advance of the absence, when feasible. Following any absence, including a prearranged absence, students should make arrangements with individual teachers for makeup work.

Unexcused Absence

- Unexcused absences do not mandate course failure. If students are absent and unexcused, they cannot earn credit for classroom activities or labs missed as a result. Students may choose to make up work following unexcused absences and teachers may help the student and parent or guardian to identify missed work, but teachers are not obligated to provide makeup work. Make up work is encouraged so that students will profit from future instruction.

Honor Code/PRIDE Statement:

- Copying homework, cheating on quizzes or tests, and plagiarism are serious offenses. Be sure to understand the expectations for each assigned task, and be sure to complete each one *honorably*. Never be afraid to ask if you are not sure about what is expected and acceptable. Members of the Westfield High School community are committed to demonstrating **P**ersonal Responsibility, **R**espect, **I**ntegrity, **D**iscipline, and **E**xcellence (PRIDE) in all activities and programs. All teachers are committed to supporting honest, individual student achievement; therefore, the policies and procedures outlined in the Westfield Honor Code will be upheld and enforced. Students and parents/guardians are expected to be familiar with the code and to adhere to its guidelines at all times. Please take a moment to review the Westfield Honor Code at:
http://www.fcps.edu/WestfieldHS/about_whs/honorcode.pdf

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I have read and I understand the rules, regulations, grading procedure, and policies for students in Personal Fitness at Westfield HS.

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____



Weight Training
2010-2011
Have a Great Year!