

## **WEIGHT TRAINING CLASS**

### **COURSE DESCRIPTION: WEIGHT LIFTING**

Weight lifting is a second year PE course that is designed for students that wish to improve their muscular strength, endurance, tone and definition. Students may take the course after having successfully completed PE 1-2. This course may be repeated for elective PE credit. This class is predominately based in the use of Olympic free weights, specific weight lifting machines, and a person's own body weight as resistance. The class meets four times per week in the Weight Room. On block days we will spend half the time in the Weight Room and the other in cardio activities or games designed to improve cardiovascular performance as well as team interaction and cooperation.

### **CLASS REQUIREMENTS/EXPECTATIONS**

Students are...

- Required to wear the standard PE uniform.
- Not to leave class without instructor's permission.
- To be seated and on their number for roll call at the beginning of class.
- To actively participate during the entire period.
- To treat others in the class with respect.
- Refrain from any profanity.

### **GRADING**

Grading in the class is determined by earning 10 points per day for active participation, 20 points on block days. Points are totaled each quarter to determine a letter grade. Letter grades are, A=90% of total possible points, B=80% of possible points, C=70% of possible points, and a D=60% of possible points. Students who earn less than 60% will fail the class. Your grade will then be calculated on participation and performance standards. First and second quarter grades are averaged as are 3<sup>rd</sup> and 4<sup>th</sup> quarter grades. 2<sup>nd</sup> and 4<sup>th</sup> quarter grades will carry slightly more weight when averaging grades.

At the end of each quarter students will be tested against the 7 performance standards. A student that passes 2 or fewer standards will have his/her grade lowered two full grades. A student that passes 3-5 standards will have his/her grade lowered only one grade. A student may make several attempts at each standard with no penalty, as long as time permits. Failure to attempt all 7 each quarter except for medical reasons will result in an automatic F. Students do not have to pass all 7 but they must attempt all class performance standards each quarter. 20% of grade is weight standards and 10% is daily filling out workout sheets.

### **FIRST QUARTER PERFORMANCE STANDARDS ARE AS FOLLOWS:**

- Bench press your body weight 5 times (bar must come within one inch or touch the chest to count).
- Do 50 push-ups in a single set (non-stop, chin touching the flat hand of the recorder).
- Do 5 pull-ups in a single set (hand outward, arms must straighten enough so bottom of the elbow is above the top of the shoulder).

- Do 5 curls at half your body weight (arms must be straight at the bottom of each curl).
- Do 5 prone triceps extensions at half your body weight (bar must come to hair line and elbows must stay stationary).
- 20 bar dips (upper arm must be horizontal to the floor at bottom dip).
- Squat, half your body weight 10 times (thigh must be horizontal to floor at bottom of each squat to be counted with chin up and eyes to ceiling).

**SECOND QUARTER PERFORMANCE STANDARDS ARE AS FOLLOWS:**

- Bench their body weight 8 times.
- Do 60 push-ups in a single set.
- Do 8 pull-ups in a single set.
- Do 8 prone triceps extensions (skull crushers) at half their body weight.
- Do 8 curls at half your body weight.
- 25 bar dips.
- Squat 75% of your body weight 10 times.

**THIRD QUARTER PERFORMANCE STANDARDS ARE AS FOLLOWS:**

- Bench their body weight 12 times.
- Do 65 push-ups in a single set.
- Do 12 pull-ups in a single set.
- Do 12 prone triceps extensions at half their body weight.
- Do 12 curls at half their body weight.
- 30 bar dips.
- Squat your weight 10 times.

**FOURTH QUARTER PERFORMANCE STANDARDS ARE AS FOLLOWS:**

- Bench their body weight 15 times.
- Do 75 push-ups in a single set.
- Do 15 pull-ups in a single set.
- Do 15 prone triceps extensions at half their body weight.
- Do 15 curls at half their body weight.
- 40 bar dips.
- Squat your weight 15 times.

**EXTRA CREDIT:** A student may earn extra points by attending make-up PE on Wednesdays from 2:10pm-3pm. Students may also earn extra points by running a mile under determined time on the block day.

**BLACK SHIRT AWARD:** Any students passing 6 of the 7 standards during the fourth quarter will receive a special tee-shirt and their picture posted on the Weight Room wall.