**Weight Training**

**RCTCM**

Coach Young

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**Class Description:**

The emphasis in this course is on muscular strength, endurance, flexibility, and safety. The core lifts in this course include parallel squats, dumbbells, and bench press. Weight room safety, warm-up/cool down procedures, lifting technique and safety for all lifts, major muscle identification, and individual goal setting are all important components in this course. In addition, students will monitor and improve their fitness levels by participating in the Fitnessgram assessments throughout the semester.

**Course Objectives:**

* Understand the components of physical fitness and how they relate to overall physical wellness.
* Participate in Fitnessgram assessments that measure the components of physical fitness.
* Understand the concept of total wellness and how weight training contributes to this.
* Demonstrate the basic fundamentals of weight training such as form, technique, spotting, breathing, and safety.
* Understand and demonstrate various training methods such as low repetition for strength, high repetition for endurance and toning, and circuit training.
* Identify major muscle groups and give examples of specific lifts for those muscles.
* Demonstrate proper warm-up and cool-down procedures specific to weight training.
* Demonstrate correct mechanical and physiological principles on all lifts.
* **Consistently** demonstrate correct and safe spotting techniques.

**Proper Attire:**

Students are expected to wear appropriate clothing for the Physical Education setting and follow the school dress code. Appropriate PE attire includes:

1.) Athletic/tennis shoes;

2.) T-shirt or sweatshirt (no crop tops, tank-tops, or spaghetti straps)

3.) Shorts that are long enough or sweat pants

**\*\*\*Suggested Equipment (but not required):**

* **Rubber Disposable Gloves**
* **Weight Lifting Gloves** that cover the palm and fingers.



* **Weight Lifting Belt**

**NO** CELL PHONES FOR THE SAFETY OF NOT BREAKING IT!

**Daily Rituals and Routines:**

* Meet in Coach Young’s room at bell. DO NOT report to the gym or weight room.
* After attendance we will travel to the locker room as a class and dress out for weight training.
* After dressing out we will proceed with warm up and stretches.
* The work period will consist of instruction, demonstration, implementation.
* Clean-up to **MY** satisfaction before dismissal to locker rooms for dress in.

**Expectations:**

* All students are expected to follow these basic safety rules and guidelines:
* NO BULLYING or NEGATIVITY OF ANY KIND!
* **Students will dress out in proper clothing and participate every day.**
* Students will respect the rights, property and privacy of others.
* Students will not have any food or drink besides WATER!
* Students will not leave the supervised area without permission. That is considered a cut.

**Grading:**

Daily participation, cooperation and EFFORT are key components of this class, along with periodic skill, written, and physical fitness tests. It is extremely important that students are in class and properly suited for participation each day.

* Non-dress out results in automatic 70%. You still may participate for the remainder of your grade if appropriate shoe are worn.