

Franklin High School

Weight Training

Course Syllabus

Instructor:

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Course Goal:

The emphasis of this class is to give the student a basic and advanced level understanding of movement activities involving strength training. The students will gain knowledge of proper techniques for lifting weights and maintain a health-enhancing level of physical activity.

Grading:

Points	3	2	1	0
Participation	Completes workout with group independently and safely. No cell phone warnings.	Fully completes workout with minimal reminders regarding safety and effort.	Minimal participation. Constant reminders about safety and effort.	Does not participate.
Dress down/ Warm-up	N/A	Student is dressed down and completes full workout.	Student completes either warm-up or is dressed down but not both.	Student does not dress down or complete warm-up.

Note: If a student is not participating or not following established norms the teacher may give students a 0 regardless of other factors.

Electronic Policy:

Cell Phones/headphones are not permitted in the weight room. **THIS IS A SAFETY ISSUE.** If a student has an emergency they will need to check with the instructor prior to class and arrange a system for which they may access the phone. Please refer to the student handbook for further clarification on the school's cell phone policy/ disciplinary procedures.

Locker room and Dress:

Students are expected to bring a lock to school every class period and lock all valuables up during class time. If valuables are not locked up **they will be stolen**. Backpacks and other personal items are not permitted in the weight room. For safety reasons students are expected to wear athletic shirts, pants, and shoes. If a student fails to meet the criteria then they might be held out of participation for safety reasons.

Injury make-up policy:

For the duration of the injury recovery period, students will work independently on a research project directly related to their individual injury. Expectations surrounding length and depth of information is dependent upon the length of the injury.

Excused Absence Make-up Policy:

Students are allowed to make-up excused absences during tutorial. Individuals need to sign in by 2:20 and workout until the bell rings at 3:15.