

P.E. Weight Training and Personal Health Syllabus

RCAS Policies/Procedures

Students will be required to follow all RCAS policies and procedures. To view the RCAS High School Student Handbook, click [Weight Training and Personal Health](#).

Course Description

The main emphasis of this class will be for the development of strength, power, and muscle endurance. The secondary emphasis will be placed on the cardiovascular system. Students will be taught the proper techniques in using machines and free weights, spotting procedures, and a variety of weight training workouts. Cardiovascular circuits may include jump ropes, running, plyometrics, balance discs, medicine balls, and stability balls. **Physical fitness testing will be required throughout the semester.** During the semester, health instruction will be presented and students will be required to complete course work related to those health issues.

Grading

GRADING PROCEDURE IN PHYSICAL EDUCATION

Your grade is based on your preparation, participation, effort, responsibility, respectfulness, and written work. Realize that on all the categories you are graded on when you do not meet the criteria of one, you most likely do not meet the criteria of another. For example: You do not dress appropriately for class, not only do you lose your preparation points you lose your responsibility and respectfulness points. If you do not participate in all activities in the class, you will lose effort points AND participation points. Each day is worth 20 points. Written work will be added to this point system. Your semester grade will be determined by the percent of the total points you earned out of the total points possible for the semester.

Preparation, Responsibility and Respectfulness:

- 10 points – dressed in proper physical education (athletic) attire (long or short sleeve t-shirt; shorts, sweatpants, or leggings; athletic shoes that tie securely too feet with at least 5 eyelets for laces and proper traction on soles; respectful to classmates, teachers, and equipment
- 0 points - not meeting all the criteria.

Participation and Effort:

- 10 points – give 100% effort and complete all assigned activities for the duration of the class period.
- 0 points - not meeting all the criteria.

You may also lose points if:

10 Points

- Not in your assigned seat at the beginning of class.
- Not seated in the bleachers at the end of class. NOT on track or standing, must be seated in bleachers below the top two rows.
- Not following school policies. (i.e., no hats or hoodies pulled up when coming to class or in class)
- **No electronic devices-cell phones, ear buds, etc. when I start class until you dress out at the end of class.**
- Poor sportsmanship
- Inappropriate use of equipment (you will pay for equipment you break)
- Not prepared for class
- Not in your assigned seat in the bleachers at the end of class (hanging out on the track, etc.)
- Inappropriate language (i.e., profanity)
- Talking at inappropriate times (when the teacher is talking, video is playing, etc.)

20 Points

- Absences (except for school-related activities)
- Students more than 15 minutes late will be counted absent
- Leaving class before excused (unexcused absence)
- Removed from class for inappropriate behavior (will be sent to the office).
- Refusing or unable to participate in physical activity.
- Continuous (daily or weekly) violation of any of the rules above. (Insubordinate

REQUIREMENTS FOR PHYSICAL EDUCATION

- Dressed in attire for physical activity EVERYDAY!
 - A t-shirt with sleeves (short or long) that reaches hip level (no crop tops, tank tops, muscle shirts, cut down shirts, inappropriate words or pictures, beer, or tobacco ads).
 - Gym shorts, spandex, sweats, or leggings must cover the buttocks.
 - Socks and athletic shoes with at least 5 eyelets for laces to secure shoe to foot with proper traction, non-marking soles (NO sandals, slides, slippers, boots, dudes, vans, etc.).
 - **Will not be allowed to participate if you are wearing sandals, slides, slippers, boots, dudes, crocs, or any other inappropriate footwear or clothing.**
- Boys will need a combination lock for their locker if needed (not a key lock).
- **REQUIRED ENTRANCE** to the locker rooms is through the back stairwell on the track, and **EXIT** to the gym out the locker room door on the gym floor level to get to the bleachers. **Do not enter the locker room through the gym floor level.**
- Dressed and in **YOUR ASSIGNED SEAT** in the bleachers 5 minutes after the tardy bell rings. You are considered not prepared for class if you are somewhere else and not in your assigned seat. All cell phones, iPods and other items that may cause a distraction need to be put away at this time.
- Towels are not provided. Bring your own towel to use after class if you choose to shower.
- Always conduct yourself properly. Proper conduct does not include foul language, horseplay, or poor sportsmanship.
- Active participation in **ALL** activities **EVERYDAY** to the best of your ability will be expected of you, even on days of extracurricular events.
- After changing/showering, **SIT in the assigned seat in the bleachers until you are dismissed.** **You are to SIT below the top two bleachers.**
- You will be marked for an unexcused absence if you leave the gym or class before you are dismissed.
- Wash your gym clothes often.
- Limited and Non-participation due to injury/illness requires a note from a parent/guardian or physician if you are out longer than a few days.
- No gum, candy, straws, suckers, or other food are permitted in class. Water is strongly encouraged in spill-proof, non-glass containers. **NO POP!!**
- **Leave backpacks, ID's, phones, ear buds in the bleachers.**

We are always interested in the physical health and ability of students to participate in physical activity. ***We assume that your child is physically fit to participate in physical education unless we are notified otherwise.*** If any accident or prolonged chronic illness has occurred during the past several months which would limit your child's participation in any phase of this program, please have your family physician **prepare a medical statement describing in detail the limitations which should be imposed upon your child's activity.** This statement should be submitted to the physical education teacher.

Textbook

Reading

Optional Reading

Instructional Resources

Weight training booklet and Canvas

Essential Questions

- *What different ways can the body move given a specific purpose?*
- *How can we move effectively and efficiently?*
- *What can we do to be physically active and why is this important?*
- *Why is it important to be physically fit and how can we stay fit?*
- *How do we interact with others during physical activity?*

Essential Learning Intentions

The goal of physical education is to develop physically literate individuals who have the knowledge, health and skill related fitness, and confidence to pursue a lifetime of healthful physical activity