

Weight Training and Personal Health**Course Description:**

Welcome to Weight Training & Personal Health. During this course you will explore the development of strength, power, muscle endurance, and the cardiovascular system. You 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.

This is a 0.5 Credit Course for grades 9th, 10th, 11th, and 12th grades.

This course like most is what you make it. The more you lean into participating in the workouts and lessons, the more you will personally get out of it.

Attendance: Students are required to be in school every day. Students are responsible for communicating with their teachers to make up for missed learning.

Essential Skills:

- Learners can identify the five components of physical fitness and describe how they relate to their overall physical wellness.
- Learners can identify and explain the four components of total wellness and how weight training contributes to it.
- Learners can describe various weight training methods (metabolic/calorie burning, endurance and toning, strength, circuit training, and high-intensity interval training)
- Learners can demonstrate the fundamentals of weight training (proper form, technique, spotting, breathing, and using the equipment safely)

Course Expectations: Although not everything is graded, everything is important. In order to demonstrate growth and learning, students will need to:

1. Participate in class activities (take notes, work in a group, complete in-class tasks, ask questions) without distractions (cell phones, ear buds, games, etc.)
2. Use morning time and teacher to seek help outside of class when needed.
3. Complete all assessments within teacher timelines.
4. **Be Respectful-** Making safe choices by being kind to self and others to empower all.
Be Present- Being here and being aware of yourself and your surroundings focused on the here and now.
Be Courageous- Taking appropriate risks, persevering, doing what is right, even if it is uncomfortable or unpopular.

Grading

Learning (Practice) includes instructional activities in and outside of class and are not used in grade determination.

Skyward Assessment (Grades) may include quizzes, labs, learning checks, tests, speeches, performances, and projects.

Calculations:

Course Grade	
Semester Grade	95%
Culminating Activity/Project/Exam	5%

Final Grade	
A	100% - 90%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	0% - 59%

Rapid City Alternative Academy Courses:

- Will determine grades based on student learning and growth.
- Will not include practice and behavior in grade determination.
- Will give all students regardless of absence an opportunity to demonstrate learning.
- Will not include extra credit.

Instructional Resources:

Online Canvas course, handouts, videos, teacher led discussions