

# High School Weightlifting

*ETSU University School*

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Teacher: Mr. Johnny Bolton  
Email: [boltonj@etsu.edu](mailto:boltonj@etsu.edu)  
Phone Number: (423) 439-4271  
Class Location: Brooks Gym 108  
Website: Under Construction

## OBJECTIVES:

- To improve overall body strength;
- To develop physical fitness through a sound body conditioning program;
- to develop skills in the proper execution of the movements used in lifting and to gain knowledge of what muscles and body parts are involved;
- To improve coordination, flexibility, and endurance.

## MATERIALS

- Shorts/sweatpants (recommended)
- T-shirt/sweatshirt (recommended)
- Athletic shoes (required)
- Composition book and pencil (to log workouts and progress). These will be kept in the weight room.

## GRADING

Grading: Grades will consist of tests (40%, when applicable) and classwork/quizzes/dressing-out/participation (60% when tests are administered, 100% if no tests were given during a grading period).

- Test and quizzes: written tests and quizzes will cover strength training and related topics;
- Dressing-Out/Participation Each student will have the opportunity to earn up to 5 points per school day for each week of the grading term, with three (3) points being earned each day for participating in the day's activity, and two (2) points being earned for dressing out. For example, during a typical week, there are five days of school; a student could earn up to 25 points for that week. If there were only four school days during a given week, a student could earn up to 20 points, etc. I will work individually with students to develop a general workout program lasting **at least 40 minutes per day**. Students must participate, cooperate, and proper attire must be worn in order to avoid point deductions. *Proper attire consists of athletic shoes (no open-toe shoes, sandals, etc).*

Absences: When you miss a class, YOU are responsible for finding out what you have missed. On the day you return, find out what needs to be made up by speaking with me. You will have the same number of days to make up the work as the number of days you were absent. *Point deductions will be administered for unexcused absences.*

### TOPICS OF STUDY

- Safety in the weight room – proper lifts, technique, & exercises;
- Nutrition;
- Weight training alternatives for strength building;
- Flexibility;
- Anatomy and physiology.

### GRADING SCALE

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

### COMMUNICATION & INTERIM REPORTS

The best way to reach me will be through email ([boltonj@etsu.edu](mailto:boltonj@etsu.edu)).

Interim reports will be sent home every four-and-a-half weeks to those students who currently have a 69 or below, per HS guidelines, to keep you and your parents/guardians updated on your grades.

### DISCIPLINE AND EXPECTATIONS.

- Expectations:
  1. Follow directions the first time they are given. **SAFETY FIRST.**
  2. DO NOT be in any portion of campus or buildings without authorization. This will result in disciplinary measures. STUDENTS MUST BE IN A SUPERVISED AREA AT ALL TIMES.
  3. Be prepared to participate every day. **This class will not be used as a study hall or social time.**
  4. Respect the people, equipment, and furnishings of all facilities.
  5. Observe all rules in the University School Student Handbook.

*\*\*I have received, read, understand, and agree to abide by the expectations and rules for High School Wellness.*

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Student Signature

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Parent/Guardian Signature

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Parent/Guardian Name and Phone Number

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Parent/Guardian E-mail Address

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Date