

High School Weightlifting

ETSU University School

Teacher: Dr. Justin Penley
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Location: Brooks Gym, Room 108
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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
- T-shirt/sweatshirt
- Athletic shoes
- Composition book and pencil (to log workouts and progress). These will be kept in the weightroom.

GRADING

Grading: Grades will consist of tests (40%, when applicable) and 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, conditioning, fitness, and related topics;
- Dressing-Out/Participation Each student will be given a 100 for his/her participation grade to begin the 9-weeks grading term, with three (5) points being deducted each day for not participating in the day's activity. Students must participate and be cooperative to avoid the 5-point deduction. Proper attire is strongly encouraged for safety and to get the most enjoyable experience out of the PE activity. Proper attire consists of shorts/sweatpants, t-shirt/sweatshirt, athletic shoes (not open-toe shoes, sandals, flip-flops, etc). The participation grade will be averaged in at the end of the 9-weeks term. While participating in the online framework, the participation grade will work a little differently. Students will complete a weekly log of their participation in physical activity. If the log is completed correctly (including signatures), students will receive a 100 for participation for that week. All participation grades will be averaged with any quizzes and that average (PE logs + quizzes) will constitute 60% of the total grade, with tests average (if/when tests are administered)

constituting the remaining 40%. Please note, Canvas/online classes are new to all of us. We may have to adjust as the grading term progresses. Rest assured it is my goal to be fair and equitable while we all learn to navigate this new way of learning through Canvas, thus I reserve the right to reassess grading practices if deemed necessary.

Absences: When a student misses a class, it is the student's responsibility to find out what was missed. E-mail while you were out, or check with me on the day you return to find out what needs to be made up. You will have the same number of days to make up the work as the number of days you were absent.

TOPICS OF STUDY

- Safety in the weightroom – proper lifts, technique, & exercises;
- Strength Building Theories;
- Major Muscle Groups (anatomy/physiology);
- Nutrition;
- Weigh training alternatives for strength building;
- Warm-up needs and application;
- Fitness activities and impacts on overall health;
- Implementing and improving flexibility and total body conditioning.

GRADING SCALE

- A – 93-100
- B – 85-92
- C – 75-84
- D – 70-74
- F – 0-69

COMMUNICATION & INTERIM REPORTS

- The best way to reach me will be through email (penleyj@etsu.edu). I can be reached via phone (439-4371) – please leave a message and I will return it as soon as possible. (*note: this option is not available during while school is remote. Please e-mail to contact me).
- Interim reports will be sent home every four-and-a-half weeks – per the HS policy – for students who currently have a 74 or below to keep the student and his or her parents/guardians updated on 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.

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

Student Signature

Parent/Guardian Signature

Parent/Guardian Name and Phone Number

Parent/Guardian E-mail Address

Date