

High School Weightlifting

ETSU University School

Teacher: Mr. Justin Penley

Email: penleyj@etsu.edu

Phone: 439-4371

Location: Brooks Gym, Room 108

Website: <http://www.etsu.edu/coe/uschool/faculty/penleyj/default.aspx>

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%) and quizzes/dressing-out/participation (60%).

- Test and quizzes: written tests will cover strength training 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 (3) points being deducted each day for not participating in the day's activity, and two (2) points being deducted for not dressing out. The participation grade will be averaged in at the end of the 9-weeks term. I will work individually with students to develop a general workout program lasting at least 30 minutes. Students must participate, cooperate, and proper attire must be worn in order to avoid the 5-point deduction. *Proper attire consists of shorts/sweatpants, t-shirt/sweatshirt, and 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 and 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.

TOPICS OF STUDY

- Safety in the weightroom – proper lifts, technique, & exercises;
- Nutrition;
- Weight training alternatives for strength building;

- Flexibility;
- Anatomy and physiology.

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.

Interim reports will be sent home every four-and-a-half weeks to those students who currently have a 74 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.*

Student Signature

Parent/Guardian Signature

Parent/Guardian Name and Phone Number

Parent/Guardian E-mail Address

Date