

Female Weight Conditioning Fall 2011
Coach Michelle Green

CONTACT INFORMATION:

770-536-4441 from 8am to 4pm
michelle.green@gcssk12.net (best option)

Office Hours from 8:00-8:25am (New Gym)
<http://coachgreen.weebly.com>

COURSE DESCRIPTION:

Female Weight Conditioning is an 18 week class. This is an elective and not required for graduation. The purpose of this course is to educate students on total fitness by creating a healthy lifestyle. The five areas of health-related fitness and six areas of skill-related fitness will be covered over the semester. Each day will consist of a variety of exercises used to improve every student's individual health and fitness. **Throughout the course, each student can expect to participate in activities such as running/jogging, flexibility exercises, agility training, strengthening exercises, and fitness testing.**

DRESS CODE:

Students are required to dress out every day. Students may wear shorts, sweat pants, t-shirts, and tennis shoes of an appropriate style. No spandex shorts, hats, wave caps, bandanas, platform shoes, sandals, or flip-flops are allowed.

RULES AND PROCEDURES:

1. Be on time and be prepared.
2. Participate every day.
3. Respect the rights and property of others and authority.
4. Follow weight room rules.

ID's must be worn during the school day at all times.

Cell phones/electronic devices are NOT permitted during class periods.

NO hats are permitted to be worn in the school building.

BEHAVIOR/CONSEQUENCES:

Student behavior in Physical Education is an important issue. Safety is our first priority. As a result, it is essential that every student adhere to gym/weight room rules and regulations at all times. Consequences for noncompliant behavior may include but not be limited to the following: verbal warning, conditioning, absence from activities (sitting out), and referrals.

REQUIRED MATERIALS:

1. 1 braded folder w/ notebook paper (will be checked periodically)
2. Pencil (daily)

GRADING:

Students will be graded in accordance with the GHS Student Handbook:

45%	Daily/Homework (participation)
35%	Tests
20%	Final

MAKE UP POLICY:

Students will have two days to make up work for every day missed. Special circumstances may warrant teacher or administrative discretion for allowing different arrangements.

MISCELLANEOUS:

No cell phones will be allowed in class. Student may use a cell phone before and after school and during respective lunches. **Cell phones taken up may be retrieved in the front office by a parent or guardian.** Also, no IPODS will be allowed during class. Students will listen to music provided by the teacher during workouts. ID badges must be worn when entering and exiting class.

STANDARDS:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - a. Demonstrates competence while performing skills in a variety of settings or activities including sport, rhythms, and other lifetime and recreational activities.
 - b. Performs skills, which at a level of competency, contributes to health related fitness.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
 - a. Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.
 - b. Creates a sequence of movements (dance, gymnastics, sports, etc.) that transition and flow smoothly from one to the next.
 - c. Evaluates skills needed for sports, outdoors, rhythm, and lifetime leisure activities.
3. Participates regularly in physical activity.
 - a. Utilizes effective time management skills to incorporate opportunities for physical activity outside of physical education class.
 - b. Participates in school or community based physical activities with little or no cost.
4. Achieves and maintains a health-enhancing level of physical fitness.
 - a. Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life.
 - b. Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity.
 - c. Uses technologies to assess, enhance, and maintain health-related and skill-related fitness.
 - d. Analyzes the relationship between physical activity and longevity.
 - e. Evaluates the relationship of exercise (fitness) and nutrition.
 - f. Develops fitness goals that are gender, age, and skill appropriate.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
 - a. Displays the ability to design rules, procedures, and routines appropriate for the group.
 - b. Exhibits the ability to decipher between ethical and unethical behavior.
 - c. Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of societal or cultural differences.
 - d. Applies safe practices in the physical education setting.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
 - a. Explain(s) why participation in activities is enjoyable and desirable either alone or in a group.
 - b. Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

EMERGENCY PROCEDURES:

Evacuation Procedures: See instructions posted in classroom.

First Aid Kit: See instructor and/or school nurse.

I, _____, have read and understand the requirements associated with this Weight Training Class.

Printed Name

Date

Signature

Parent Signature

Parent Email Address