**Course Outline**

**Strength Training 11/12**

**Course Description:**

Strength Training 11/12 builds on the foundation of knowledge and development of skills begun in PE 8-10. Students will explore more advanced topics relating to anatomy and physiology and how this knowledge is related to their training. Students will enhance their fitness and performance levels while developing and demonstrating their leadership skills in a weight room facility. Students will assess and analyze their

personal fitness needs, set goals, and develop a personal fitness program around the areas of fitness, nutrition, and technique. Students will reflect on their progress regularly as a way to monitor this progress and improve skills.

**Knowledge Units:**

 Anatomy and Physiology Program Design and Goal Setting

 Performance Nutrition Strength and Conditioning Training

 Components of Fitness

**Assessment:**

Active Health (Participation) 45%

 Progress Reports (Goal Setting, 1RM) 10%

 Saftey/Fair Play/Leadership 10%

 Movement Test 10%

 Workout Plan 15%

 Activation 10%

 **Assessment practices will include:**

Daily Active Health Marks Individual Goal Achievement

Goal Setting and Work-Out Journal School and Online Assignments

**Term Letter Grade and Work Habits**

Each activities evaluation is based on skill, theory, fitness, participation, and cooperation with the term mark a composite of all activities in that time period.

A - 86% - 100% Students will be marked cumulatively

B - 73% - 85% throughout the year

C+ - 67% - 72%

C - 60% - 66%

C- - 50% - 59%

I - Below 50%

Each term students will also be assigned a works habit mark (G, S, N) based on their overall work habits throughout the term based on:

 Attendance Effort

 Punctuality Preparedness (Proper strip)

**Expectations:**

1. **Attendance & Punctuality:** Students are expected to attend all classes and participate to the best of their abilities. Students are expected to be sitting in attendance rows when they arrive in the gym. Students will be dismissed a few minutes early at the end of class to change clothes. Students will wait outside their change room until the bell.
2. **Jewelry:** Students should not wear jewelry in PE class for safety reasons. Watches, rings, necklaces, and big earrings can cause a variety of injuries and should be left in the students’ big lockers – not their gym locker.
3. **Lockers:** Lockers are available for use in the change rooms. These lockers are only for use while the student is in PE. Students **MUST LOCK UP** all clothes and valuables each period to avoid things being stolen. Students’ belongings are the **STUDENTS’ RESPONSIBILITY** – therefore, lock up all your belongings.
4. **Medical Excuses:** Students are expected to participate in all classes. If a student is not feeling well/Injured, the student and teacher will come up with an acceptable level of participation for that day. **Don’t tell us what you can’t do, tell us what you can do.**
5. **Injuries:** In the case of an injury, students are asked to bring a note from their parents which explains the injury, what activities must be avoided, how long healing is expected to take, and any doctor’s instructions. In the case of a long-term injury, a student may be assigned a written learning assignment.
6. **PE Strip:** Students must change for every PE class. Students are expected to always be wearing a shirt and proper footwear. Weightlifting without a shirt is unsanitary and will not be permitted. Students are required to change in the PE change rooms outside the gyms.
7. **Respect and Inclusion:** Students must treat all students in class with respect and ensure that all students feel comfortable, safe and included within class. There will be a **zero tolerance** on all bullying behavior.
8. **Equipment and Safety:** Students need to ensure they participate in a safe manner; no dropping weights, proper footwear, spotter when required and use proper technique at all times. Students must put away all equipment before leaving to get changed.
9. **Supplements:** Students are not permitted to take **any** supplements or food during class. Benefits and downfalls of supplements will be covered in class. No drinks other than water will be permitted on the weight room mats.

**10. Supervision:** Students are required to stay in the weight room at all times until being

dismissed to change. After changing students must wait with the other PE classes outside the big gym. Students using the washroom must use the facilities in the gym area and are not permitted in the halls during class. Students will not be permitted to do other activities outside the weight room unless supervised by a teacher.