

PE 2: GIRL'S WEIGHTS - SYLLABUS 2018-2019



COURSE DESCRIPTION

Throughout PE 2 (Girl's Weights), students will develop a comprehensive understanding of metabolic, gymnastic, and weightlifting movements with the goal of developing personal health and nutrition. In Proverbs 31:17 and 1 Corinthians 6:19-20, we are called to both develop physical strength and glorify God with our bodies. Therefore, the structure of the class is not based on competition or aesthetic development, but rather bringing glory to God through promoting a healthy temple (body).

GOALS & OBJECTIVES

- Develop metabolic training techniques (such as running, sprinting, jumping, etc.)
- Develop gymnastic training techniques (such as burpees, air squats, pull-ups, push-ups, dips, extensions, and lunges).
- Develop strength training techniques (such as squats, deadlifts, cleans, presses, thrusters, kettlebell and medicine ball work).
- Understand general principles for overall body health and wellness.
- Practice safe, efficient, and functional training and exercising techniques.

CLASS GUIDELINES FOR SUCCESS

In addition to the school-wide discipline procedures, the following is a set of class guidelines for success, all of which will be continually reinforced and could result in consequences should they not be followed;

1. Be prepared for class - Always have required supplies in class (see below).
2. Arrive to weight room fully dressed out and prepared for class before "late bell" rings. Sweat pants **MUST** be worn over workout attire until class starts (failure to follow this requirement will result in school dress code discipline).
3. Never use cell phone in class (leave in backpack before entering weight room).
4. Listen to and follow directions VERY carefully, to enable the class to run smoothly, safely, and efficiently.
5. Respect everyone in the class, and be encouraging and supportive at all times.
6. Use all training equipment and space safely and correctly, and always ask questions if unsure of a movement, task, or use of equipment.
7. Clean and put away all equipment used at the end of class, then help others clean up their equipment when you are done, until weights room is orderly.
8. Have a positive attitude - you CAN do it! Be willing to push yourself and others, and stay positive even when workouts or techniques feel difficult. Desire to always better yourself physically, mentally, and spiritually!

REQUIRED SUPPLIES

- Full workout clothing (see dress code section below) daily

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- Comfortable workout shoes and socks
- Re-fillable water bottle
- Hair tie
- IPAD for weekly food and exercise logs
- MealLogger App

DRESS CODE

- Shirts: *must be short sleeve or sleeve-less (no racer-back or tank top. Must have at least 3 inches across thinnest part of strap), loose fit. **Full-coverage sports bras are REQUIRED!**
- Pants: *shorts must be baggier, runner-style shorts with a minimum 3-inch inseam, and no slits on sides, no form-fitting volley-ball style shorts. **Spandex shorts underneath runner-style shorts are REQUIRED!** Leggings must be covered by appropriate shorts. Loose sweats, joggers, and track pants all OK.
- Comfortable athletic shoes and socks are **REQUIRED** (no student will be able to workout without proper workout shoes).

ASSESSMENT

<i>Grading is based on:</i>
Participation (50%) *
Daily food and workout logs (30%)
Change Out (15%)
Improvement (5%)
*Semester finals are worth 20% of semester grades
<i>Penalties that will deduct participation points:</i>
Not recording data on one's workout logs
Failure to participate to your fullest ability, not using class time wisely
Failure to listen to teacher's instructions
Improper workout clothes/shoes, not arriving ready or not changing out
Not arriving to class with ALL required supplies

EXPECTATIONS

All students are required to participate in daily warm-ups, technique development and workouts per daily instructions. This is exempt ONLY from students with doctor notes or seriously inhibiting injuries. If a student feels well enough physically and mentally to be at school, they are well enough to participate in class!

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If a student cannot participate due to illness or injury, a parent may call and leave a voice message to excuse her for that day only. Any further days may be excused by a physician's notice. Should the illness/injury continue for a long duration of time, the student may be referred to a different class at the request of the teacher and the academic advisor. If you do not participate and do not have an excuse, your grade will drop a letter grade for the week. Studying or doing work for another class IS NOT an excuse.

If a student feels at any time that they cannot safely achieve a specific movement or technique, they are always welcome to scale the movement in a way that accommodates their individual abilities.

CLASS STRUCTURE

The weekly structure of the class will always be the same, though movements, techniques, and workouts will vary every day. The weekly structure of the class will be the following:

- Mondays: Warm-up, metabolic/gymnastic workout, cool down, clean up.
- Tuesdays: Warm-up, strength training, cool down, clean up.
- Block Day (Thursday): Warm up, strength training, short metabolic/gymnastic workout, cool down, clean up.
- Friday: Stretch/Yoga/relaxing workout OR guest speaker, cool down, clean up.

STUDENT AND PARENT or GUARDIAN SIGNATURES

The next page must be signed and dated by a parent or guardian and the student and returned to Mrs. Sereda by 8/14 for 5 points. This process will ensure that the student and parent or guardian will have a clear understanding of what the objectives, expectations, and assessment tools are for this course. I look forward to having you in my class!

Thank you,
Mrs. Karol Sereda
Email: seredakarol.bchs@gmail.com
School phone: 925-945-6464 ext. 237

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PE 2 (GIRL'S WEIGHTS) SYLLABUS

By signing this, I acknowledge that I have read and understand the entire PE 2 Syllabus, and will do my best to abide by all guidelines and procedures.

Student Name (Printed) _____

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____