

Northside High School
Physical Conditioning
Class Syllabus
2006-2007

Course Description: This course is designed to acquaint the student with the fundamentals of weight lifting as a lifetime activity.

THIS IS AN ELECTIVE COURSE!

The course will involve the following exercises:

Bench Press	Military Press	Power Cleans
Squats	Lunges	Dead-Lifts
Step-Ups	Curls	Behind the neck Press
Dips	Sit-ups	Leg extensions

As well as other auxiliary exercises pertaining to weight training.

Flexibility, lateral movements, plyometric principles and efforts to increase cardiovascular fitness will also be a part of the class content.

Topic Outline:

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|-------------------------------------|---|
| 1. Weight computation | 6. Training safely |
| 2. Determining percentages | 7. Proper spotting techniques |
| 3. Purpose for pyramid training | 8. Understanding "Delayed Onset Muscle Soreness" |
| 4. Plyometric techniques | 9. Mental, Physical and Social aspects of weight training |
| 5. Setting up routines for training | |

Daily Grading/Dress Out Procedure: Daily participation, dress and attitude are the major emphasis for evaluation. Each student should show increase in Maximum Output on a periodic basis.

1. Each student will begin with 100 points.
2. Students are required to dress out each day of the week.
3. 5 points will be deducted for each dress cut.
4. 5 points will be deducted for lack of participation, even if the student is dressed out.
5. Points will also be deducted for a lack of ***Work Ethic***.

Laziness will not be tolerated. Students who repeatedly do not dress out will risk failing the nine weeks.

The Grading Scale is:

A = 90 – 100
B = 80 – 89
C = 70 – 79
F = 69 or lower

Safety: It is important that each student have respect for what injuries can occur in the weight room. Each is responsible for using proper spotting techniques. Failure to employ safe practices may result in your elimination from the class. Stay on task and with your group at all times. Wandering around the room will warrant cause for disciplinary action.

Discipline: Disruptive behavior and disrespect for other students and the teacher will not be tolerated. See the "Discipline Plan" in your student handbook for specifics. Please keep this mind so that we will have a productive and enjoyable year.

Tardiness: 1st tardy = warning 2nd tardy = detention 3rd tardy = reported to administration

If you have any questions about our Physical Education program, please contact one of the coaches:

David Taylor	dataylor@mcsdga.net	Nathan Laney	nlaney@mcsdga.net
Tish Hidle	phidle@mcsdga.net	Mike McManus	jmcmamus@mcsdga.net
Kenneth Lawrence	klawrence@mcsdga.net		

Student's Name (print): _____ Date: _____

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____