

Mr. Hotaling

Advanced Weight Training Class Description

Rancho Cotate High School

Philosophy

- Weight Training is a critical factor in athletic training and performance and can be used as a tool to achieve goals, maximize potential, and perform at a higher level
- Safety is the top priority in the weight training room, and students should constantly be aware of the environment

Goals

- To develop and master proper, safe, and effective technique in a variety of weight training exercises
- To expand and increase strength levels, speed, and explosiveness

Student Responsibilities

All students are expected to come to class prepared to physically perform including:

Wearing the official RCHS uniform each and every class day unless otherwise specified by the instructor. The uniform consists of:

- RCHS Shirt & RCHS PE Shorts
- RCHS Shorts need to be marked with the student's last name and first initial legibly with black solid marker
- Athletic shoes
- OPTIONAL: Plain gray or navy sweatpants or sweatshirt (for cold weather)

- NO STREET CLOTHES ARE TO BE WORN UNDER PE UNIFORM

Absolutely **NO ELECTRONIC DEVICES** are allowed in class, unless otherwise specified by the instructor

Immediately report any injury, or any damaged or otherwise dangerous equipment to instructor

PE lockers are provided. DO NOT, under any circumstance, give our your combination to ANYONE

Students are expected to treat equipment with proper care

Safety procedures and protocols are to be followed at all times

Medical Notes

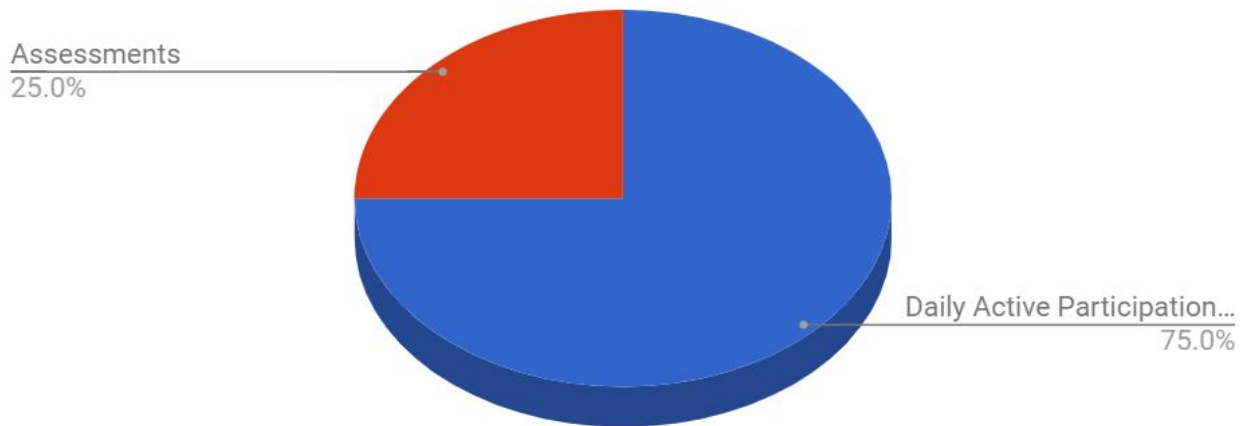
Parents or guardians may write notes for up to three days to excuse student for medical purposes. An excuse for more than three days must come from a doctor and be turned into the office. Students who cannot participate due to medical excuse or illness are still required to dress for PE if the medical excuse does not prohibit such action.

A medical excuse from a doctor should include:

1. Length of time student should be excused
2. What the student still **CAN DO** (if possible)
3. Or any modification that need to be made for physical activity

Grading Policy

Students' grades will align with CRPUSD policy on grading. Grades will be based on impartial, consistent observation of the quality of the student's work and his/her mastery of course content and objectives. Students will have the opportunity to demonstrate this mastery through a variety of methods such as daily active participation and effort (physical and mental), and assessments. The grading scale is equal interval, with the minimum percentage obtainable being fifty (50%).



Grading Scale

Percentage %	Letter
90-100	A
80-89	B
70-79	C
60-69	D
50-59	F

Assessments-Max Testing

In weight training class, you will be assessed based upon your ability to increase your strength levels, while maintaining proper and safe lifting techniques. If you regularly attend, put forth your best effort, complete the workouts and are coachable, you will increase your strength levels. How much you put into it will determine how much you will benefit!

> or = 10 lb gain	A
> or = 5 lb gain	B
No gain, no loss	C
< or = 5 lb loss	D
10 lb loss or more	F

Daily Active Participation & Effort

We define active participation in PE as a student putting forth their individual best effort on a daily basis with regards to learning, this includes both mental and physical effort. Each day students earn their participation points for being in class, dressed in uniform, and participating to the best of their ability. **MAKEUP WORK IS REQUIRED** for absences (excused or not), if you wish to receive full credit for participation. All makeup work needs to be completed by the end of each grading period.

Class Website

www.rchspe.weebly.com

Students should refer to the class website (see above) for many components of the course. This includes, but is not limited to; relevant links, makeup assignments, slideshows, and contact information. This is the student's class "hub", where they can explore materials and information that will help them along the way.