

Trinity Christian Academy

Weightlifting Class

Mr. J. Schans

2018/2019

Course Syllabus

### Course Description

The purpose of weightlifting class is to provide each student with the knowledge required to understand the importance of strength and fitness training. Students will understand the importance of setting goals for personal improvement and achievement, and will leave the class with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle. This class is one that is open to non athletes in addition to athletes. Students will have exercise and workouts that will need to be completed as part of their grade regardless of if they are or are not an athlete. Students will also learn about the muscles and bones of the body and will be given quizzes that are focused on the body. Each student will also need a notebook to keep track of the weight used and number of reps completed. Every 2 weeks, a max out weight will be found for exercises.

### Major topics

The major topics in weightlifting will be learning the muscles and bones of the body that are being used in exercise and focusing on the increase of agilities, speed and core strength. Monday, Tuesday and Thursday will be focused on the exercises of squat, power clean and bench press. Wednesday will be dynamic day which will be a surprise each week. Friday will be focused on stretching out and getting muscles relaxed and ready for the next week.

### Instructional Philosophy

All students will be provided with the necessary training on each specific exercise so that the exercise process can be safe and productive. Students are encouraged to remain positive with themselves, as well as with other students in order to maintain a good training atmosphere. It is important to realize that everyone begins this course, and progresses through this course at his or her own rate, as they reach their own individual goals. Safety is always given the first priority in this class.

## Class Objectives

- The student will improve their muscle strength and endurance through weight training exercises.
- The student will gain knowledge of equipment and safety procedures with free weights and machine weights.
- The student will recognize the benefits of regular physical activity and see firsthand the effects on themselves through class participation.
- The student will gain knowledge of developing a weight-training program and training principles

## Proper Dress Code

- Students are required to dress appropriately for Weight Lifting class each day.
- Closed toed shoes are a requirement during this class period.
- No jewelry should be worn during class since it can pose a safety hazard.
- Jeans or other dress pants MAY NOT be worn underneath TCA fitness shorts.
- Leggings, yoga pants or other athletic apparel pants may be worn underneath TCA fitness shorts.
- Long sleeve shirts, sweatshirts or jackets may be worn during class, but must be worn underneath a TCA fitness shirt.

## Class Expectation

- : - Students will be given five minutes to change before class and five before class ends.
- All students will remain in the weight room until they are dismissed.
- Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
- Directions must be followed the first time they are given.
- Obscene language, gestures, harassment or disrespect will not be tolerated.

## Participations/Excuses

- A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.
- Medical Excuses: Any student who must be out of Weight Training for an extended period of time for medical reasons is required to have an excuse from a doctor. This excuse needs to be descriptive letting me know what the student can and cannot do.
- Attendance: Students need to be in class to complete the required class work. All attendance policies outlined in the TCA Student Handbook will be followed. Being late for class and/or leaving early may lower a student's grade as they would not be able to participate in all activities.

- Dress Out Policy- To receive credit for this class, students must be fully dressed out each day (TCA shirt, TCA shorts AND close toed shoes).

#### Grading Requirements

20 points total can be earned each day.

- Dressed and Full Participation = 20 pts
- Dressed and Partial Participation (teacher discretion and will provide reasoning) = 10pts
- Not Dressed Out = 0 pts

#### Communication

Please contact me via e-mail at [schans.joshua@tcamail.org](mailto:schans.joshua@tcamail.org)