



Freshman Weight Training

COURSE DESCRIPTION: Freshman Weight Training is designed to provide students learning opportunities to improve their overall health, wellness, and physical condition through participation in a variety of resistance training, conditioning, and sport activities. Two-three days a week will be spent in the weight room and one-two days a week will be spent conditioning. Fitnessgram fitness testing is used to assess health related fitness.

INSTRUCTOR:

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~ FRESHMAN WEIGHT TRAINING EXPECTATIONS AND REQUIREMENTS ~

BE RESPONSIBLE

Dress to Work out: Students will be assigned a gym locker and are required to dress out daily. Students are required to wear appropriate clothing to exercise in ~ crew neck t-shirt with sleeves – t-shirt length covers the top of the shorts, short length that covers the gluteal area or sweats, and athletic shoes. Students' clothing must allow for safety and performance of movement and provide for modesty. Clothes are available to borrow when needed. Students who are not dressed to participate will be given an alternative assignment.

Be on Time: Students must be in the locker room when the tardy bell rings. They have five minutes to change into their PE clothes and get to their attendance are

Make up Absences: The first five (5) excused absences of each quarter will require students to fill out a make up slip for each day missed. Make up slips require 30 minutes of physical activity outside of the class and must be signed by a parent/guardian or coach. All make up slips must be turned in within 7 days of the absence. All absences after the 5th absence must be made up in the HHS weight room.

Medical/Alternative Assignment: Students with an injury or illness may be excused from participating in physical education class upon receipt of a written parental request for up to two calendar days. Students will be assigned to the credit recovery room to complete a written assignment to receive credit. For non-participation lasting more than two days, it is the student's responsibility to fill out a Medical Excuse for Physical Education form and turn it in to their teacher.

BE INVOLVED

Prepare to complete Physical Enhancement five days per week.

Participate to the best of your ability in all warm-ups, lifting, fitness activities and games. A timed mile run is required to pass Freshman Physical Education

Motivate yourself to improve your health, wellness, and physical condition.

Engage in all face to face and online instruction.

BE RESPECTFUL

Use equipment appropriately.

Follow all school rules and weight room rules

Accept the diverse abilities of classmates.

Support and encourage classmates to improve.

BE A GRADUATE

A passing grade in Freshman PE is required to graduate from HHS.

Daily Assessment: Students can earn a daily participation grade of five points based on the following criteria:

1. Comes to class on time, appropriately dressed and fully prepared for all activities.
2. Engaged in the warm-up and correctly executes movements.
3. Consistently demonstrates correct lifting technique and puts forth maximum effort during all lifting and conditioning activities.
4. On task 100% of class time
5. Cooperative and includes and helps other students.

Fitnessgram Assessment: Students earn points for completing each of the five fitnessgram tests – mile run, curl-ups, push-ups, flexibility, and height /weight

Written Tests: Content knowledge of the Five components of Fitness, FITT Principle and the major muscle groups will be assessed quarterly through written tests.

Semester Tests: Tests are administered on assigned testing dates and may start the week prior to semester test days. Testing includes max bench, squat and clean and selected agility/speed tests and a heart rate monitor workout.

Points will be recorded weekly

Letter grades are based on these percentages

100 – 90	A
89 – 80	B
79 – 70	C
69 – 60	D
59 or below	F

~ WEIGHT ROOM RULES/SAFETY GUIDELINES ~

1. Use the weight room only under proper supervision.
2. Always have a spotter. When spotting concentrate on the lifter – don't be distracted. Use a spotter for exercises that the bar/dumbbell moves across the face or above the head and when the bar is placed on the back/neck or racked in the front.
3. Adjust benches/racks appropriately prior to starting your lift.
4. Always use clips on the bars.
5. Return weights and other equipment to their proper place immediately when lift is completed.
6. Use strict form on all lifts. Always maintain control of the weight and perform each rep through a full range of motion
7. Do not unnecessarily slam weights together or on floor.
8. Never distract or interfere with someone who is lifting.
9. School appropriate music always with moderate volume.
10. No headphones/cellphones.

By signing below, the student and parent/guardian acknowledge and agree to the Freshman Weight Training expectations and requirements. Please return this page to your instructor.

Student Name (PRINTED): _____

Student Name (SIGNED): _____ Date: _____

Parent/Guardian Name (PRINTED): _____

Parent/Guardian Name (SIGNED): _____ Date: _____



Please indicate any medical conditions or physical limitations you feel your instructor should be aware of:

What are your goals for Freshman Weight Training?

Please briefly describe your previous weight training experience if you have any.
