**CAPITAL HIGH SCHOOL**

**Freshman Weight Training Syllabus**

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**Course:** 9th Grade Required Weight Training (1 Credit)

**Materials:** T-shirt (name on left front), gym shorts or sweat pants, socks and tennis shoes with laces.

**Newsletter:** https://sway.com/5FYizTAjEm04Azpv?ref=Link

**Course Description:**

The goal of this course is to create an environment that allows students to develop the skills necessary to continue lifelong fitness. Students will leave this class with an understanding of basic skill sets for a variety of strength and conditioning activities.

**Course Content:**

Students will improve their six aspects of physical fitness through drills, activities, warm-ups, a variety of lifts and conditioning activities. The six aspects of physical fitness this class will cover include the following: muscular strength, muscular endurance, cardio vascular endurance, agility, flexibility and body composition.

**Class Rules and Expectations for Mrs. Engstrom’s Class:**

**B**e Respectful and

**R**esponsible

**U**nderstand expectations

**I**nspire yourself and others around you

**N**ourish your body so your mind can learn

**S**afety is a priority!

**Grading Policy and Breakdown:**

Student grades will be a cumulative total of all points received throughout the semester. Five points will be possible for student participation each day. Make-up forms will be accepted in compliance with school and district policy as well as the P.E. department’s policy. The forms should be completed within one week from the student’s absence.

**Daily Participation Rubric:**

**0 Points -** The student is not dressed for participation, is disruptive in class, or uses profanity in class.

**1 Point -** The student may participate, but merely exists in class – does not show involvement in class.

**2 Points -** The student is participating, but needs constant prodding and direction.

**3 Points -** The student shows self-control and involvement in activity and is able to work and follow directions – is generally on task – effort may be minimal or sportsmanship questionable – most points possible if tardy to class.

**4 Points -** The student is involved in the activity and on task throughout the class period, but is not working to full potential. However, student is making an effort to improve skill level and attitude is positive.

**5 Points -** The student is motivated to the extent of giving support, showing concern, cooperating, helping others, and working up to his/her potential – is definitely on task.