

SFCA: Weight Training 1 Syllabus 2023-24

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Subject: Weight Training 1

Instructor: Brandon Davis

Email: brandon.davis@sfcakings.org

Classroom: Grace Gym/Weight Room

Textbook: N/A

Course Expectations

- Participate daily in physical activity (running, jumping, resistance training, stretching etc.)
- Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.
- Demonstrate competency and proficiency in a variety of movements.
- Identify and track progress on short (3-Months) and long term (10-12 months) goals
- Exhibit responsible personal/social behavior that respects self and others in physical-activity settings.
- Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
- Learn how to apply proper training protocols to meet goals and create balance of all aspects of fitness.

Materials

- SFCA PE Uniform – shirt and shorts – they can be bought from the Athletic Department Office. These are mandatory and will be enforced.
- Athletic Shoes. Must cover your toes and cannot be slip-ons such as Crocs, slides, etc

Technology

- All high school students are required to have a fully charged, fully functioning laptop in class each day. Cell phones and other tablets are not acceptable devices.

Grading

- **60% Evaluation (Test) Day:** We measure improvements in speed, power, strength, endurance, mobility, and other physical qualities every 1-8 weeks, depending on the quality. Once a semester, students will present a weekly training plan designed to improve health and wellness or other physical qualities.
- **40% Daily Dress-Out and Participation:** To participate, students must dress out daily. Students are required to wear SFCA PE Uniform (both Shirt and Shorts) and Athletic Shoes.
 - **5-Points off for Non-SFCA PE Attire**
 - **5-Points off for Non-Athletic Shoes (Crocs, slides, etc)**

Class Expectations (Rules/Consequences)

- **Promptness**
 - Being on time to class (or anywhere in life) is a matter of respect and caring about the task at hand. You would never be late for something you care about!
- **Safety**
 - Students will participate in all class activities (prep, class activity, cool down).
 - Students will use equipment only as instructed.
 - Students will wear appropriate attire (SFCA PE shirt/shorts with athletic shoes).
 - Students will refrain from off-tasks behavior in all PE areas.
- **Equipment Care**
 - No equipment will be taken or used without the permission of the teacher.
 - At end of class, all equipment shall be put back where it came from.
 - Any equipment that is broken or unusable should be reported to the teacher immediately.
 - Any student seen abusing equipment will be prohibited from use in the future.
- **Non-Participation**
 - A non-participation occurs any time *you (the student) choose* not to participate for the day. This includes working on assignments for other classes.

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- For any non-participation, the student will receive 0-points for the daily grade.
- If it is excused, you will be given the opportunity to make-up points in a timely manner.
- You may NOT make-up work for an unexcused non-participation.

Student Expectations

- It is expected that every student will conduct themselves in an orderly, courteous manner at all times with prompt and respectful obedience to all school personnel, following all adult direction without comment. If a student questions a teacher's decision, they should speak to the teacher privately after class. At that time, they should respectfully explain the situation and wait for the teacher's response.
- It is expected that every student will respect the feelings and rights of others. This includes students, teachers and visitors.
- It is expected that every student will conduct themselves in an honest manner, avoiding such actions as lying, stealing and cheating.
- It is expected that every student will be on time for each class and be prepared with a proper mental attitude and all their necessary materials, books and assigned work.
- It is expected that every student understands that the teacher's desk, computer, and other personal belongings and work area is personal property and will be treated as such.
- It is expected that every student will remain in compliance with the classroom teacher's rules, policies and procedures.

Minor student disruptions will be dealt with following the secondary 4-step discipline plan.

- The student will receive a verbal warning the first time.
- The student will receive a written warning the second time that will be sent home to the parents via FACTS and a conference may be requested.
- The teacher will assign a penalty to the student in the form of a detention, written assignment, or other discipline deemed appropriate if there is a third occurrence of discipline issues.
- The teacher will refer the student to the Administration if a fourth incident arises.

Acknowledgement

Please sign and return this syllabus by Monday, August 14th, 2023

Student/Parent signature:

Student:

Parent: