



Masconomet Regional High School

Learning is Life

"The Masconomet High School community believes that learning enables us all to achieve ambitious personal goals, develop fine minds, and build strong character. Therefore, we foster the acquisition of attitudes, skills and knowledge necessary for life-long learners to think critically in order to participate in a global society."



9102-01 Weight Training/Aerobic Fitness

Teacher:	Verdaguer or Gomes	Room:	Weight Room
Class Time:	Period	Office Hours:	After school Monday-Thursday or by appointment
Office:	D109	Office Phone:	X5109
E-mail:		Semester/Year:	

Course Description:

Learn to lift weights properly and develop a fitness routine that best fits your needs. There will be discussions on how muscles work and how nutrition affects and builds muscles.

Course Goal:

The universal goal of this course is to have student develop an appreciation for exercise, health, and wellness.

Course Objectives:

Upon the completion of this course most students should be able to:

1. Assess their current physical conditioning.
2. Apply the basic concepts of a solid strength and condition program to their training.
3. Define the term fitness and identify the ten critical aspects of fitness.
4. Improve their cardiovascular and muscular endurance, muscular strength, flexibility, and body composition.
5. Learn and incorporate the nine essential movements of fitness.

Requirements:

Attendance (100 Points): Students will begin the quarter with 100 points assigned specifically for attendance. For each class a student is absent without an excuse they will be deducted 30 points. Class begins promptly five minutes after the bell, thus if attendance is taken and a student arrives late they will be deducted 12 points (3 Unexcused tardy= 1 Unexcused absent). If you do not participate during class you will be deducted 12 points. Parents will be notified if student is absent or unprepared to participate more than two times.

Dress/Uniform (100 Points): Please come dress appropriately (shorts or warm-up pants, sneakers, and a loose fitting top). Failure to dress properly will result in points being deducted. Twelve (12) points will be deducted for those who do not come to class prepared. You will also lose participation points for the day (another 12 points).

Participation (100 Points): Participation will be based on the student's attitude and effort. If you are not demonstrating a good attitude and positive effort in relation to your teammates, opponents, referees and/or teachers you will be deducted 12 points per class.

Class Assignments (40 Points): Each person will be given a **journal**, which they will use to monitor and track improvements. At the end of the quarter the journals will be evaluated by the student and teacher to see if improvements were made. The journals are worth 40 points. They will be graded on completion and orderliness.

Syllabus adapted from Professor Iris Berry, SMS 201 Perceptual Motor Learning, summer 2009 Class Syllabus. Salem State College, Salem, Massachusetts.

Program Development (30 Points): Based on the principles of programming, students will be asked to develop a workout. The workout will be assessed for appropriateness, accuracy, and development.

Homework Assignments/Reading (TBA Points): Throughout the quarter students will be given reading assignments and some small exercises to do at home. This could include web searches, article readings, or nutritional journals.

Written exams (30 Points): Quizzes will be given throughout the quarter. They will be based on lectures and readings.

Performance Assessments (30 Points each): During this course you will be assessed on the 9 functional movements that are essential to every exercise program. This is assessment will grade you on your movement patterns.

Respectful Learning Environment:

1. Please arrive promptly to class.
2. Arrive to class ready to learn. Have all assignments, readings, homework, etc. completed prior to class and prepared to be handed in class (stapled).
3. Be prepared to engage in discussion, ask questions, and participate in all activities.
4. Please turn off all cell phones and music players.
5. Remove all trash, paper, food/beverage, when leaving the classroom.
6. Respect all members of class, their opinions and contributions to class.

Consequences of Misbehavior:

1. Student will kindly be asked to resume proper behavior.
2. Student will be asked to sit out until they are ready to return to the activity assigned by the teacher.
3. Student will be asked to sit out the remainder of the class and will be assigned a detention to be served at the teacher's discretion.
4. Failure to report to detention will result in a second detention being assigned.
5. Failure to report to any of the assigned detentions from that point on, will result in parent notification, as well as, notification of the vice principals.

*If student is unable to participate in PE for reasons related to injury or ill health, the following procedure should be followed:

1. If one to five gym classes will be missed, students must bring a note from a parent to the gym teacher. Even though students are excused from active participation, they must attend class and may be asked to help when appropriate.
2. If more than five gym classes will be missed, students must show a physician's note to the school nurse. The school nurse will send the student, with a copy of the physician's note, to the guidance counselor for assignment to study. The school nurse will send a copy of the physician's note to the gym teacher. The school nurse will also monitor the student's progress and will inform the teacher and counselor when the student may return to class. Students will not be held responsible for material covered in the gym class during the extended absence.