

## Basic Weight Training

This is an introductory weight training course. You will be introduced to safety, nutrition and different weight lifting forms. You will be able to create your own weight lifting goals along with some basic weight lifting routines. You will be working on reaching your goals and then re-establishing new goals. We are not going to be “maxxing” out on a regular basis as that is not a healthy approach.

### Grading:

Participation- This class will be graded heavily on participation. You will need to be actively engaged stay on task with your work out plan.

Dress- You will need to make sure you are wearing proper attire to class. PE uniform will be expected along with close toed shoes.

Assignments/Quizzes- Periodically you will have written assignments and quizzes

Participation- 70%

Dress – 20%

Assignments/Quizzes -10%

### WEIGHT ROOM RULES

1. Be respectful at all times. No swearing, fighting, interrupting lifters, etc...
2. Re-rack all weights in the proper positions after use.
3. No Horseplay
4. Keep the noise level down
5. While in the weight room, students should be actively participating (lifting, spotting etc...)
6. Use all equipment properly, the way it is intended to be used.

Cell phones- You should not have your cell phone in class. You can keep it in the gym locker or I will have a place to hold it during class if you prefer.

No food or drink in the weight room. You may have a water bottle only