Cornell High School

Physical Education Program

Weigh Training

Instructor: Greg Sonnentag

Office Hours:

Phone Number: 715-861-6947 ext 1114

Email Address: gsonnentag@cornell.k12.wi.us

Class Description

* Students will be learning a basic lifting program called Bigger Faster Stronger (BFS).
* Students will know understand and demonstrate the technique to all core lifts
* Students will demonstrate safe behaviors and practices in the weight room at all times.
* Students will be able to list the core muscle for each primary lift.
* Students will record their weight program properly in terms of what type of life, how many repetitions, sets, and the percentage of weight they are lifting for them personally.
* Student will learn how to spot and support their classmates appropriately for each exercise.

**RULES AND REGULATIONS FOR PHYSICAL EDUCATION CLASSES**

1. Required Dress:
2. Appropriate T-shirt and shorts/sweat pants.
	* + 1. No cutoff T-shirt/shorts, tank tops, jeans, or spandex
			2. No alcohol or tobacco advertisements
			3. No pictures or wording which is inappropriate
3. Tennis shoes with shoes strings tied and socks must be worn for class.
4. We will be going outside for fall and spring activities so students should wear clothes that are appropriate for the weather conditions.
5. Jewelry cannot be worn in Phy. Ed. Class for safety reasons.
6. All students who are in attendance at school are required to participate in Phy. Ed. Class unless they have a medical excuse from a doctor. Failure to change for and participate in class will result in an alternate learning assignment and referral to the principal.
7. Students will meet in the gym at the beginning of class for attendance and will then go down to the locker rooms to change for activity.
8. Locker Rooms:
	* 1. All valuables and money should be locked up or given to the instructor. The locker rooms are unlocked during class.
		2. Each student will be assigned a locker and lock. You are not allowed to bring your own locks. Each student is responsible for keeping his/her locker locked at all times. Do not share locks, lockers, or combinations with anyone.
		3. No eating in the locker room and food is allowed to be kept in your locker.
		4. No glass containers are to be brought into the locker room.
		5. Jackets and backpacks should not be brought to the locker room. Students may bring gym bags into the locker rooms that are being used for carrying clothes and necessities for Phy. Ed. Class.

**Class Time Guidelines**

* Students are expected to be in position for roll in the gym seven minutes after the bell rings.
* The locker rooms will remain locked during class; bathroom needs should be attended to prior to class. Students will report to the locker room again five minutes prior to the bell to release them from class.

Equipment

The equipment that we will be using is property of the school. We ask all students to please treat it with respect. All equipment must be placed safely back into the appropriate position before the end of each class period.

**Grading**

* Daily participation in class is very important in this class. Factors that will help determine your grades include attitude, effort, improvement, skill, and a journal. You can earn a maximum of 3 points daily.
* A daily work out log will need to be taken throughout the semester
* Test/Quiz may periodically take place to evaluate the students comprehension of important concepts.
* Student will peer assess a classmates performance on core lifts based off a rubric made by the instructor.

**Make-up work school policy**

1. It is the student’s responsibility to get the work he/she has missed from any excused absence immediately upon return. A student may have additional exercises to do outside of the classroom to make up for absence.
	1. Students have the ability to make up all work, including tests, quizzes, assignments, and daily points (if excused) if the student so chooses. All the made up schoolwork must be taken under the conditions set by the Instructor of the class as defined in the course syllabus.
	2. Any work not made up from absences shall result in loss of credit for the assignments, quiz, daily points, or test.
	3. All make-up work shall be completed and submitted to the instructor or you will receive a zero.
	4. Provide an explanation of absence upon the student’s return. All written, emailed or phone calls from parent/guardian excuses must be received upon the student’s return to school or the absences will be marked as unexcused.

**Grading Policy:**

* 1. Student grades will be based on the following criteria:
		1. Daily Points 40% (10 points daily based on changing, participation, and behavior)
		2. Written Tests 25%
		3. Skills Tests 20%
		4. Homework Assignments 15%
	2. Grading Scale

93-100 A 73-77 C

90-92 A- 70-72 C-

88-89 B+ 68-69 D+

83-87 B 63-67 D

80-82 B- 60-62 D-

78-79 C+ 0-59 F

Your signature below indicates that you have read and understand the information provided above. A copy of this syllabus will be available online at **gregsonnentag.weebly.com**

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 Student Name (Please Print) Signature of Parent(s) or Legal Guardian Date