

CAPITAL HIGH SCHOOL STRENGTH TRAINING

Instructor: Troy Mickelson

Email: tmickelson@osd.wednet.edu

Course Description: This is a physical activity class directed toward learning to use progressive weight resistance exercises as means for body toning and muscular strength and endurance. Weight machines and free weights will be used.

Class Procedures:

1. Lockers will be assigned and all students will need to provide their own "shim" proof lock.
2. Class will start on time and all students need to be dressed appropriately and in roll lines after the 4 minute changing period.
3. Class will begin with warm up exercises and then we will progress to the main workout for the day followed by a group activity at the end of the class period.
4. The students will lift four days a week with **Wednesday** being reserved for a cardio exercise.
5. If you are absent then you will need to make up that time with a **Health and Fitness instructor**.
6. No horse play! Safety is a primary focus.
7. Every student must rack the weights they use for each exercise.
8. Students are required to stay in class until dismissed.
9. Immediately report and injuries to the instructor.

Learning Outcomes: At the end of the class, the student will be able to:

1. Name basic weight training exercises, demonstrate the correct technique used to perform each exercise, and list the major muscle groups activated by each exercise.
2. Demonstrate correct spotting techniques.
3. Describe and define basic weight training terminology, concepts and principles.

Grading:

The student will be graded in three categories: Daily Participation (65%), Tests (25%), and fitness exercises (10%).

Grading Scale:

100-92.5=A

92.49-90.0=A-

89.99-86.50=B+

86.49-82.50=B

82.49-80.0=B-

79.99-76.50=C+

76.49-72.50=C

72.49-70.0=C-

69.99-66.50=D+

66.49-60.0=D

59.99-0.0=F