

The Early College at Guilford
Fall 2023

Course Title: Weight Training

Credit: One

Office Hours: Monday 7:30-8:30

Classification and Maximum Weight: 4.0

Prerequisites/Co-requisites: PE/ Health

Instructor Information: Zane Chamra

336-406-1448

Chamraz@gcsnc.com

Course Description: This Class is developed for students to become competent, literate, and enthusiastic weight training students. A competent student is knowledgeable and successfully performs weight training skills and strategies. A literate student knows the correct form for each lift. A student who is enthusiastic behaves in ways that protect, preserve, and enhance the culture of weight training.

This class is going to cover the rules, traditions, and teach the skills to sports such as football, basketball, soccer, and ultimate Frisbee.

Student Learning Outcomes and Expectations: As a student who is taking weight Training you are going to learn how to push yourself physically and mentally. At the end of the class you will be able design and implement your own training routine.

All Students are expected to:

1. Dress out
2. Be Mentally ready to workout
3. Use Great Technique on every lift

Teaching Strategies: Direct and indirect teaching strategies are used during this PE class. Direct teaching is the teacher leads the lesson plan. Indirect teaching is when the students lead the lesson plan.

Evaluation Methods and Guidelines for Assignments:

Participation 50%- Participation is a daily grade for each student. It is a combination of multiple things which consist of: Dressing out and completing that day's lesson objective. Attending the class online session each day

40% Test

10% Student projects

Grading Policy Update

Given the pandemic, grading policies are subject to change based on recommendations and requirements from Guilford County Schools and/or the NC Department of Public Instruction.

Guilford County Schools Grading Scale (Policy IHA):

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = 59 AND BELOW

I = INCOMPLETE

Required Texts/Readings/References: None

Pacing guide and standards: **All units order subject to change.**

1. Safety and Injury Prevention
2. Max out test #1
3. Nine week Training Pyramid
4. Max Test #2
5. Functional Fitness
6. Plyometric
7. Pre and Post workout Nutrition
8. Supplements and Hydration
9. Careers in the Weight Training Industry

Honor Code: The Early College at Guilford Honor Code

Class Rules: Be on time

Be prepared (Be dressed out in physical education clothing)

Treat everybody with respect (consideration for the feelings, wishes, rights, or traditions of others).

P.E. Clothing: All students need to wear athletic clothing and athletic shoes each day. If students do not dress they will lose participation points.

Classroom Management: P.E: Class starts at 1:25p.m.all students need to report to the physical education and start dressing out for class. After students dress out they meet back at the physical education quietly have a seat. After roll call and Announcements have taken place we will start the physical education lesson. At the end of the lesson students will clean up the physical education area head back to class and dress out for the school day.