

Snow Canyon Middle School

"Ensuring our students acquire academic and social skills for life-long success"

Weight Training / Body Toning - Course Disclosure

Contact Information:

Instructor: Ian Shockley

Email: ian.shockley@washk12.org

Website: <http://scshockley.weebly.com/>

Room/Office: Gym

Phone: 435-674-6474

Course Description:

This is an introductory course designed to help each student:

- Improve muscular strength and endurance.
- Gain knowledge and understanding of weight training principles and concepts.
- Know the major muscle groups of the body; and associated exercises.
- Develop a personalized weight training program.

Learning Outcomes:

- Increase development of physical, mental, social, and emotional well-being through physical education.
- Motor skill ability improvement demonstrated through sports, games, exercises, and other related activities; leading to greater enjoyment in participation.
- Knowledge and understanding of the long term health benefits of being physically fit.
- Develop and maintain a personal health and fitness program; with the goal to **live** a lifelong health and fitness lifestyle.

Teacher Expectations:

1. Students will be attentive and **quiet while teacher is talking**.
2. It is expected that students will **work hard**; performing at the best of their ability at all times.
3. **Respect yourself and others** at all times; no put-downs or negative talk of any kind.
4. Come to class **prepared** and ready to **participate**.
5. Constant awareness of keeping yourself and others **safe and injury free**.

Assignments (points system):

- **Participation:** 100 points per day. (Tardy -25) (No PE clothes -60) (Lazy -50) (no participation -75 to -100) (insubordination or horseplay of any kind -100).
- **Lift Sheets:** 150 points per lift sheet. (no sheet handed in -150) (incomplete sheet -100) (no name -50)
- **Warm-up Leader & Follower:** 250 points each quarter
- In class Health and Fitness Article Review Presentation: 250 points each (2 per quarter).
- **Fitness questionnaire / Goal sheet:** 250 points (no name -50) (incomplete -50 to -250).
- **In class Health and Fitness Article Review Presentation:** 250 points each (2 per quarter).
- **2 week written workout plan** (in class assignment): 500 points (no name -50) (incomplete -50 to -500).
- **Quiz:** 250 each
- **Final Exam:** 500 points

Make-up Work:

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A maximum of three excused absences per quarter will be allowed (300 points). If there are extenuating circumstances parents are welcome to discuss alternatives with me. Make-up options are available on my web page or through powerschool links.

Cell Phones/Tablets/Other Electronic Devices:

This class is a no phone/tablet class. Leave them in your hall lockers! There will be times when they are allowed and this will be announced in class.

Lockers:

You will be issued a PE locker; this locker is for the storing of your PE clothes/shoes and your personal hygiene items. Backpacks and other school material are **not allowed** into the locker rooms or your PE locker. Those items and other valuables should be left in your hall locker. Do not leave any valuables in your PE locker; those items are much safer in your hall locker.

PE Clothes:

PE clothes can be purchased through the school or you can bring your own from home. Shirts need to be grey in color, first and last name should be written on the front and back of shirt with a permanent marker (markers are available at school to do this). Shorts, sweats, leggings, etc. should be dark in color and need to be non-constrictive material to allow athletic movement. All PE clothes should comply with the school dress code.

Medical conditions, injuries, circumstances limiting participation & medications:

Students with an of these situations or something similar will notify me (Mr. Shockley) immediately; a parent note accompanying the situation is also required. For ongoing medical conditions I prefer a doctor's note with specific guidelines on what the student is able to do and what activities should be avoided. I am able to work with several situations and help keep students active to the best of their ability (broken bones, asthma, etc.). However if a student is unable to participate in class due to illness it is better for them to stay home and rest; they can do a make up assignment when they are well. Please contact me with any specific questions or situational needs. ian.shockley@washk12.org

Parents and students please sign this disclosure and return to your PE teacher.



YES. We have read and understand the Weight Training 1 - Course Disclosure.

Student Printed Name

Student Signature

Parent/Guardian Signature