**Weightlifting**

**East Ridge High School**

**2016 ─ 2017**

**Instructor:** Name: Craig Murley

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Available after school: Appointments only

\*Asterisk denotes teacher’s preferred way of communication.

**Course Description**

In weight training, students will learn fitness components and will apply them towards their own health. Students will develop a Personal Fitness Plan (PFP) and maintain it. Students will design a wide range of exercises through weight training that will help with their goals in achieving a desired fitness level.

**Course Policies**

Students must always be on time. Students must dress out and participate. Not doing so will result in a deduction of his/her total grade.

**Assessments and Grading**

Weekly participation grade. Points are earned daily on participation and dressing out.

0-5 min = 0

10-15 min = 5 points

15-30 min = 10 points

30-40 min = 15 points

40 min plus =20 points

Your grade will be calculated as shown below:

Grading formula for each 9-week’s grade:

* Teaching tasks other than tests 70%

Participation

Dressing out

* Assessments and Tests 30%

Understand fitness components

Muscular Strength

Endurance and flexibility

**Grade Calculations for high school courses without a state-level test:**

* 1st Nine Weeks – 40%
* 2nd Nine Weeks – 40%
* Exam – 20%

**Course Topics and Schedule by Semester**

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| **Week** | **Semester 1** | **Topic** |
| 1 | Aug. 11-12 | Introduction Rules/Goals |
| 2 | Aug. 15-19 | Pretest Body fat |
| 3 | Aug. 22-26 | Pretest sit ups, push ups |
| 4 | Aug. 29-Sept. 2 | Bench press upper body |
| 5 | Sept. 5-9 (Labor Day) | Lower body |
| 6 | Sept. 12-16 | Cross fit |
| 7 | Sept. 19-23 | Cross fit |
| 8 | Sept. 26-30 | Post test |
| 9 | Oct. 3-7 **(End of 1st quarter)** | Post test, sit ups, push ups |
|  | Oct. 10-14 | **Fall Break** |
| 10 | Oct. 17-21 | Fitness components: muscular strength |
| 11 | Oct. 24-28 | Fitness components: flexibility |
| 12 | Oct. 31-Nov.4 | Fitness components: cardiovascular endurance |
| 13 | Nov. 7-11 | Construct personal fitness plan |
| 14 | Nov. 14-18 | Cross fit |
| 15 | Nov. 21-22 (Thanksgiving) | Safety rules and apply them |
| 16 | Nov. 28-Dec. 2 | Be able to set SMART goals |
| 17 | Dec. 5-9 | Cross fit |
| 18 | Dec. 12-16 **(End of Semester 1)** | Cross fit |
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