

Weights and Conditioning Class Syllabus

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Weight Room 1103

Welcome! Weights and Conditioning is a 9-12th grade PE Class that meets daily in the weight room.

TCA Secondary PE/Weights Uniform Requirements:

- ✓ **T-SHIRT or HOODIE/JACKET** - TCA (PE, Sport, or Activity)(crew neck with sleeves)
- ✓ **SHORTS or SWEATPANTS** - School color (blue, red, gray/silver, or black) shorts or sweatpants; if cold, need to have length and looseness (No tight leggings)
- ✓ **SHOES** - Non-marking athletic shoes with tied laces
- ✓ Purchase through TCA online store (www.tcad20.org) or a sports/activities coach or club sponsor
- ✓ + csmleague.org, maxpreps.com, etc.
- ✓ ALL DAYS ARE DRESS OUT DAYS – Including Game Days, 2 Hour Delays, Pictures, Senior Panels

General Course Outline:

Weight Room Safety Procedures (Quiz)
Lifting and Conditioning Techniques and Principles
Basic Nutrition
Basic Anatomy (Muscle Quiz)
Daily Lifting
Personal Goals
Various Lifting Tests
NFL Combine Competition

High School PE Grading Policy (Please Check Infinite Campus Grades Regularly)

The 4 C's (Contribution, Consistency, Character, Clothes)... 10 points total earned per class

Clothes (3 Points): TCA Shirt/sweatshirt (1pt), TCA color shorts/sweatpants (1pt), Athletic shoes (1pt)

You could lose significant points for not dressing out or dressing out partially (e.g. not wearing a TCA t-shirt, wearing khaki pants or not wearing athletic shoes). If you aren't dressed out, you may not be allowed to participate...which, in turn, will affect your participation grade.

Consistency (1 point)

Unexcused lateness hinders student ability to be prepared for class and may also be disruptive to the class flow...Did the student transition after instructions or from one task to another? Is the student consistently dressing out each class?

Contribution (3 points)

Engaged participation throughout the entire class period...When given a warning, did the student get back on task?

Character (3 points)

Some examples include, but are not limited to: talking out of turn and not listening during instructions; name calling; excessive celebrating/taunting; spiking the ball; arguing or yelling at another student or Coach; inappropriate behavior during class or in the locker room; whining...When addressed by the Coach, did the student correct his/her behavior or make the situation right?

Weights / Missed Class / Make-Up Activity Log

30 Minutes of any physical activity needed for each date absent to earn back 10 points

*100% credit (+10 points per absent class), if completed within 1 week of date absent)

*80% credit (+8 points per absent class), if completed within 4 weeks of date absent)

*"0" after 4 weeks of date absent

Excused Absences Policy

Students with **excused** absences will be given the opportunity to make up their missed hours and missed points by completing a make-up log. Make-ups must be completed within 2 weeks.

- *Students subject to extended, excused non-dresses/absences will receive accommodations for recovery of missed hours.*
- *Excused absences for active school events/activities do not require a make-up log.*
- *Make up logs on in the gray filing cabinet, top drawer, front folder*

P.E. Expectations

1. **Clothes:** Dress out regularly, consistently, in the proper TCA P.E. uniform.
2. **Consistency:** Be on-time and prepared for class in the proper uniform. If you have an issue that is keeping you from participating, self-advocate...or bring a note from your parents/doctor. Focus, listen, raise your hand to share, and follow directions. After instructions are given, be prepared to transition from one task to another.
3. **Contribution:** Be an engaged/positive/encouraging participant in ALL activities. Put forth your very best effort. Work hard; improve; have appropriate fun!
4. **Character:** *Discipline, enthusiasm, self-control, sportsmanship, teamwork, integrity, respect, responsibility, endurance, compassion, safety...*
NO's: Whining; name calling; arguing or yelling at Coaches/students; excessive celebration/taunting; tackling; ball spiking; horsing around.
5. **Locker Room Expectations:**
 - a. Lock up your school items in the locker room. Do not give out your combo. Do not bring personal items of value with you (i.e. wallets or purses, cell phones, or iPods).
 - b. Remove your belongings from the locker you were using after class. With the shortage of lockers do not use them permanently or long term.
 - c. Be respectful, responsible, safe, and maintain the highest level of integrity with others and their property.
 - d. Personal hygiene please...no gum, food, or drink allowed.
 - e. Cell phones, iPods, or other electric devices are not allowed in P.E.
6. **Weight Room Expectations:**
 - A. Safety is the first priority
 - B. Use Equipment as it is designed and in a safe manor.
 - C. Do not interfere with others while they are lifting.
7. **Forbidden Questions:** Do I have to dress out? What are we doing today?