

Mr. Wicker

COURSE OUTLINE: WEIGHT TRAINING AND CONDITIONING

This course is designed to provide students with a wide variety of weight training knowledge.

Students are expected to develop a weight training/fitness program appropriate for their individual fitness needs.

**** Students will use this plan as a means for individual improvement.**

Students will develop and maintain knowledge about proper lifting technique and the benefits of a weight training program for the entire body.

**** Students will utilize this knowledge throughout the entire course.**

EXPECTATIONS

All students are to be properly attired for class. Shorts, t-shirt, and appropriate court shoes are allowed. (Sweats may also be used for this class).

Participation is required of all students. Students are expected to work on their individual training plan to receive credit each day.

***** Do not stand around and waste time. Work hard and use your time wisely.**

***** Frequent non-participation results in the lowering of your grade.**

GRADING

Your grade is a combination of your participation each day and your score on various weight training and fitness activities throughout the course.

These activities include:

1. Course expectation paper
2. Muscle quiz
3. Periodic strength tests. (bench press, pull ups, one minute sit ups/push ups, etc).
4. Timed mile
5. Periodic mini-papers about weight training and condition topics. (These will be assigned at the instructors discretion.)