**WEIGHT TRAINING**

**CLASS DESCRIPTION:**

This course will give the student an introduction to fitness through resistance weight training and cardiovascular conditioning. Emphasis is placed on safety and education of proper warm-up, stretching, lifting technique, spotting and personal program development. This is a total fitness class so students must be prepared to work out each and every day to gain individual improvement and to be successful in this course.

**EXPECTATIONS:**

Resistance training can be a positive experience with numerous benefits. Effective and productive effort is required for sculpting and strengthening the human body. Disrespect for safety procedures can result in serious injury. **Expectations and guidelines must be followed at all times with a zero tolerance policy for those who choose to ignore these guidelines.** The following expectations will ensure the safety and success of all students:

* Be on time (to locker room/roll call/weight room)
* Dress out and participate fully
* Follow ALL safety guidelines and posted rules
* Show respect to teachers and fellow students
* Never leave designated area without permission
* No food/drink in weight room
* No hats, phones or ipods.
* Bring your positive attitude to class every dayJ

**DRESS OUT REQUIREMENTS:**

Dress codes have been established for both safety and modesty. All students are required to dress appropriately for class.

* Athletic attire (ACP colors-purple, black, gray & white)
* Leggings can be worn
* Athletic/running shoes laced tightly (No crocs)
* No jewelry, athletic watches permitted
* Long hair must be pulled back
* Warm-ups/sweats (any color) may be worn over the uniform during cooler weather
* Midriffs may not be exposed and tank tops are not allowed

**GRADING POLICY;**

All students will have the opportunity to earn an “A”. The students will be graded so that 80% of their grade is based on participation and 20% on other (i.e. written tests, quizzes, notebook, etc.). Semester grades will be calculated on a 40 (Qtr 1) 40 (Qtr 2) 20 (final exam) scale.

Students can receive up to 25 points per week, (5 points per class and 10 points per teacher’s discretion). The teacher will remove points if the student is tardy, have poor or no participation, poor attitude, uses foul language, does not dress out for class and/or have an unexcused absence. **An unexcused absence is when a student is absent from class and is not called into the office by a parent or guardian within 24 hours of the absence.** Students will have the opportunity to make up an absence, however it is at the discretion of the teacher. Students many not be able to make up unexcused absences. **Make-up work will be posted in google classroom and school website.**

**INJURED AND/OR SICK STUDENT;**

Students who are restricted from physical activity due to an illness or injury must provide a WRITTEN EXCUSE with a date, phone number and is signed by parent/guardian. They will be required to dress out and help the teacher. Extended restriction **(longer than three days)** must be verified by a doctor’s excuse.

**LOCKS AND LOCKERS:**

* Each student will be issued a lock and locker to keep their uniforms, shoes, equipment, etc.
* The PE/Athletic department is NOT responsible for lost or damaged locks or personal items.
* Locks are the responsibility of the student. Students are required to secure their locks on their locker prior to leaving the locker room.

\*\*\*Musical devices and cell phones are not allowed in class. If seen or heard, it will be confiscated by the teacher. P.E. staff will not be responsible for any lost or stolen items.\*\*\*

**WORKOUT POLICY**

Strict adherence to all policies and guidelines must be followed to ensure the safety of all students. Violations of any of these rules will result in immediate disciplinary action.

1. You must have a spotter during these lifts: all variations of **Bench press, Squats and Power Lifts. SPOTTER MUST BE AWARE OF LIFTER AT ALL TIMES!!!**
2. While spotting direct all your attention to the lifter you are spotting
* Do not talk to others.
* Do not turn away from your partner for even a split second.
* Concentrate and focus until the weight is safely racked.
* Encourage your partner to work hard and execute proper technique.
* Make sure weights are always balanced and use clamps/collars.
* Do not use loose or broken equipment, report any to the instructor.
1. Keep your hands and feet to yourself unless you are spotting or assisting.
2. Do not drop, bang, tear, break or misuse any equipment.
3. When your teacher is instructing, all attention must be directed towards them.
4. No food, drinks or gum.
5. Wipe down equipment after use. **Actively maintain a clean/safe weight room.**
6. Keep hands away from machines with moving parts.
7. Return all equipment, belts, clamps, collars and straps.
8. Inform the teacher if you feel ill, have an injury or any unusual skin disorder.
9. Keep your PE clothes clean and appropriate.

**DISCIPLINE POLICY**

* First Offense-Verbal warning
* Second Offense-Conference with student
* Third Offense-Email or phone call home
* Fourth Offense-Lunch detention (pending meeting with administrator)
* Fifth Offense-Referral (pending meeting with administrator)

**CONTACT INFO**

Michelle LeFevre Email: lefevre.michelle@CUSD80.com

 After reading the above, please fill out the form and return to Coach LeFevre. Thank you and here is to a wonderful year at Arizona College PrepJ

Name of Student-PLEASE PRINT

I HAVE RECEIVED AND READ THE ARIZONA COLLEGE PREP WEIGHT TRAINING RULES. I, THE STUDENT WILL RETURN THIS SIGNED TO MY PHYSICAL EDUCATION TEACHER.

STUDENT SIGNATURE Date

PARENT SIGNATURE Date