**HONORS WEIGHT TRAINING AND FITNESS**

**INSTRUCTORS:** Coach Poole/Coach Capone

**EMAIL:** [travis.poole@ucps.k12.nc.us](mailto:travis.poole@ucps.k12.nc.us) / [andy.capone@ucps.k12.nc.us](mailto:andy.capone@ucps.k12.nc.us)

*Blocks:* 1- 8:16-9:43, 2- 9:49-11:16, 3- 11:22-1:22 (4th lunch - 12:52-1:22) 4- 1:26-3:00

Weight training will increase the student’s muscular strength, cardio-respiratory endurance, flexibility, body composition and muscular endurance. Through the use of weight training almost all students will develop agility, balance, a better self image, goal setting techniques and obtain nutritional information for developing a healthy lifestyle.

**ATTIRE:** Comfortable clothing such as tennis shoes, sweat pants, shorts, t-shirt, sweatshirt. **No flip flops, loafers, boots, jeans, tank tops, cut-off shirts, or clothing that may be distracting.**

**OBJECTIVE/CONTENT:**

1. To introduce the students to strength training as a lifelong activity.
2. To learn proper technique of advanced strength exercises.
3. To provide students with the opportunity to improve his/her fitness level.
4. To expose students to methods of objectively evaluating lifting programs and for measuring strength, muscular endurance and power.

**PARTICIPATION:**

1. Students should dress out and participate every day.
2. The only excuse is an injury that is too severe to participate which should be determined by a physician. (STUDENT IS STILL REQUIRED TO DRESS OUT AND THE TEACHER WILL GIVE AN ALTERNATE PLAN)
3. If student is not dressing out or participating, the student should inform the teacher as attendance is being taken. **NO STUDENT IS ALLOWED IN THE LOCKER ROOM IF THEY ARE NOT DRESSED OUT OR PARTICIPATING THAT DAY. A REFERRAL WILL BE WRITTEN IF THE STUDENT ENTERS THE LOCKER ROOM.**

**GRADING:**

**Students will be required to record each workout everyday which will be graded under participation. This will involve the exercise, weight used, and sets/reps performed during the workout.**

**Participation = 60%:**

**Module Assignments = 40%:**

* The module assignments will be posted on our Canvas page.

**Locker Room:**

1. Locker rooms will be accessible during class time only with enforcement of social distancing and daily disinfecting and appropriate cleaning measures.

2. Locker rooms will remain locked during class time. No one will be permitted in during class time for any reason. If you are leaving early from class, be sure to show your teacher your dismissal note during attendance.

3. All bags must be taken with you after class. No storage will be allowed during the school day or overnight.