

Trinity High School

Advanced PE/Basketball and Weight Training

Course Description/Objective: Advanced Weight Training is a course that will focus on muscular strength, muscular endurance, cardiovascular endurance, flexibility, body composition, and overall physical fitness.

Students will be able to: demonstrate how to use weightlifting equipment, identify stretching and condition exercises, and determine if weight training is one of their life-time fitness activities.

Class Requirements:

- Dress Out
- Participate
- Gym shorts or sweat pants and gym shirt (no short shorts)
- Tennis shoes (no Sperry's or sandals)
- Required \$2.00 PE Fee

Procedures:

- Report to the locker room and dress out
- You will have 10 minutes at the beginning and end of class to get dressed and report to the designated area.
- Lockers are free to use and you may put your own lock on it. This is the only way your stuff is protected.
- If not locked in lockers THS is not responsible.
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- Always come to class prepared

Grading Scale:

- Dress out (Classwork):25%
- Participate:50%
- Performance (Minor assignment):25%
- Each week in PE each student starts with a 100, everyday not dressed out will result in a 20-point deduction.

Weekly Routine:

We will train 5 days a week, alternating muscle groups each day. We will incorporate strength and conditioning, cardio, and cross-fit/functional fitness so that all areas of fitness are addressed.

Each Semester Includes:

- Introduction to exercises/equipment and the muscles that they work.
- 1 Rep Max of each core lift: Bench press, Squat, and Power Clean
- A weight progression program that will allow the student to increase strength throughout the semester
- Use of bands/chains, supersets, and cross-fit exercises to give students a wide variety of movements to increase their physical fitness
- Conditioning and agility exercises to improve endurance, speed, agility, and power.

These include:

Ladder work	Bag work	Plyometrics
Medicine ball	Jump Rope	Timed Sprints
40 Yd. Dash	20 Yd. Dash	NFL Shuttle
Bulldog Shuttle		

At the end of the first nine weeks and the end of the semester students will re-max and re-test again to see their progress!

Our goal: To learn how to live a healthy and physically fit life-style and apply what we learn!

At any time this syllabus can change if necessary. (At teacher's discretion)

Make a difference.... Be Great!