

## ARIZONA COLLEGE PREP WEIGHT TRAINING & CONDITIONING

Welcome to Arizona College Prep and to weight training! This course will give the students 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.

Time will be spent on basic anatomy and physiology so students will gain a greater understanding of fitness and health related benefits. **Students will learn and demonstrate proper safety and technique prior to beginning a training program.**

Emphasis will be placed on student responsibility and individual improvement. Students will be required to keep a notebook in class for notes or class activities that will allow them to develop personal programs while gaining better understanding of overall fitness.

### 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:

- Students must be on time, dressed out and participate fully every day.
- Stay on task, follow directions and remain in designated areas.
- Show respect to teachers and fellow students
- No electronic devices in class (phones, ipods, mp3 players, etc.)
- No backpacks, food/drink in weight room.
- Notify instructor of any skin disorder or open wounds.
- Bring your positive attitude to class every day☺

### VIRTUAL LEARNING EXPECTATIONS

- Attendance-student must respond to a discussion post within 48 hours (one class period)
- Submit work products on time according to deadline
- Student will follow district digital citizenship guidelines.
- Be respectful to others and bring a positive attitude.

- Have patience and a sense of humor. This format is new for most of us and it is so much more fulfilling when we work together and in kindness.

## DRESS CODE

To ensure a hygienic and comfortable learning environment all students are required to dress appropriately for weight training class:

- Physical education uniform (gray shirt & black shorts)
- Socks
- Athletic shoes with laces
- No necklaces, bracelets or large earrings. Athletic watches permitted.
- Long hair must be pulled back. No hats or head coverings in weight room.
- Warm-ups/sweats (any color) may be worn over the uniform during cooler weather.
- Shorts must be hip level and appropriate length.
- Midriffs may not be exposed and tank tops are not allowed.

If a student receives three of the following in a semester they will receive a conduct referral. Administration will assign consequences as deemed appropriate:

- are tardy (need to be dressed out & ready to go)
- fail to dress in appropriate PE attire

## 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% will be based on final exams at the end of each semester.

Students can receive up to 10 points per class. The teacher will remove points if the student is tardy, has poor or no participation, poor attitude, uses foul language, does not dress out for class and/or has 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 may not be able to make up unexcused absences.

## 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 receive a lock and a locker. Permission to switch lockers must be given by your teacher only. If a student loses their lock and it is not in the lost and found, they will be charged a \$5.00 fee. This must be paid to receive a new lock. Combinations must be kept **CONFIDENTIAL**. The teacher will not open or give out any combination except to the owner of the locker. Keep your personal items locked in your OWN locker at all times, DO NOT leave items out.

\*\*\*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 insure 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 balanced and use clamps/collars at all times.
  - Do not use loose or broken equipment, report any to the instructor.
3. Keep your hands and feet to yourself unless you are spotting or assisting.
4. Do not drop, bang, tear, break or misuse any equipment.
5. When your teacher is instructing, all attention must be directed towards them.
6. No food, drinks or gum. **Actively maintain a clean/safe weight room.**
7. Keep hands away from machines with moving parts.
8. Return all equipment, belts, clamps, collars and straps.
9. Inform the teacher if you feel ill, have an injury or any unusual skin disorder.
10. Keep your PE clothes clean and appropriate.

## CONTACT INFO

Clint Treadway

Email: [treadway.clinton@CUSD80.com](mailto:treadway.clinton@CUSD80.com)

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

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 \_\_\_\_\_