

Monarch High School
Physical Education Department

Beg/Inter/Adv Weight Training & Comp Fitness: Coach Lorenc

Planning: 2:40-3:40

Phone: 754-322-1418

Email: stephen.lorenc@browardschools.com

Text: Handouts as needed

Materials required: Proper dress out clothes (red t-shirt & black shorts only!)

Course Content: The Monarch High School P.E. Department will offer Weight Training. The purpose of this course is to provide students with the opportunity to acquire knowledge and skills in weight training that may be used in physical pursuits today as well as in later life. To develop and improve muscular strength and endurance and to acquire knowledge to design and implement a personal weight training program to meet specific needs and goals.

Class Rules & Policies:

- You need to be in the locker room when the tardy bell rings.
- You will receive a grade everyday on dress out (2 pts.) and participation (2 pts.).
- Unexcused tardy = 2 point reduction of daily grade.
- You will be seated and in roll call order for attendance and warm up exercises each day
- Improper dress or inappropriate behavior can result in a referral and removal from class
- No open toe shoes (sandals) are permitted in the weight room...no exceptions!
- Absolutely no food or drink in the weight room.
- Use common sense while in class. No horseplay, profanity, or leaving class early will be accepted.

Grading Procedures: At the end of each 9-week marking period, students will receive a letter grade ranging from an "A" to an "F". The grade will be based on their dressing out & participation. Practical and written assessment in the weight room will be part of your participation.

Make up Policy: Students are to submit a 1/2-page summary of any health/sports related media article of their choice for each day they are excused from class. You will have two (2) days upon your return to school to hand these in for credit as per school board policy.

Grading Scale:

100-90 = A

89-87 = B+

86-80 = B

79-77 = C+

76-70 = C

69-67 = D+

66-60 = D

59-0 = F