WEIGHT TRAINING DISCLOSURE

2015/2016

CORNER CANYON HIGH SCHOOL

DON ECK

WEIGHT ROOM – SOUTH BASEMENT

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801-826-6467

**Course Description**

This course offers instruction on the uses of training with weights that lead to a healthy lifestyle. Students will learn how weight training affects the muscles and how to train for both muscular strength and muscular endurance. Students will also learn about safety measures and correct techniques in various exercises as well as the importance of warming up, stretching prior to exercises, and stretching down.

**Materials Required**

Students will need to provide PE clothes and deodorant. These items will be left at the school.

*Required clothing*: Athletic shoes and proper workout attire which includes a t-shirt with sleeves (white, gray or CCHS), navy, gray, or black athletic shorts or sweat pants, socks and non-marking athletic shoes with laces.

*Locker Room*: All students will have access to the PE locker rooms and will be issued a lock and a locker. Students are responsible for keeping all personal items locked up at all times. Please do not bring valuables to class as teachers and coaches are not responsible for any items lost or stolen. Locker rooms will be locked during class and students will not be allowed in the locker room during class.

**Grading**

The PE department will follow the CCHS Student Code of Conduct and attendance policy. If the student is more than 10 minutes late, they will be marked absent. You must follow the school check-in policy.

Students can earn 20 points per day by dressing properly and participating in the day’s activity. If the student does not dress, they cannot participate and will lose 20 points for the day.

You are required to be in the weight room six minutes after the bell rings, dressed and ready to go.

Tardies will be a 5 point deduction for each.

A 50 point quiz will be given at mid-semester on the four core lifts. The quiz will cover the major muscles you use for each core lift and the technique and safety factors for each core lift. Students will also need to know the difference between muscular strength and muscular endurance and how to train for both.

Only excused absences can be made up. Students can make up excused absences in one of the following ways:

1. Attend an athletic event involving any of the Corner Canyon teams and write a one page report on the event.
2. Write a two-page report on one of the following topics:
   1. Nutritional importance for athletes
   2. Performance Enhancing Drugs and why they have a negative effect
   3. Major Muscle Groups and why they are important to athletes.

*Daily Points – 20*: The final grade will be a total of all points earned divided by the total points possible.

100 – 93% = A

92 – 90% = A-

89 – 86 = B+

85 – 83 = B

82 – 80 = B-

79 – 76 = C+

75 – 73 = C

72 – 70 = C-

69 – 66 = D+

65 – 63 = D

62 – 60 = D-

59 and below = F

**LATE WORK**

All assignments must be submitted within the same unit for which those assignments were given. Once a new quarter or unit has begun, late work from the previous quarter or unit will no longer be accepted

**WEIGHT ROOM RULES**

No food or drink allowed in the weight room, ever, including gum.

Do not leave the weight room during class for any reason unless I know.

Replace any weights that you use, leave the weight room looking clean.

Keep locker rooms clean, put garbage in a trash can.

Please return the portion below to Coach Eck

Student’s Name (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the disclosure for the **Weight Training Course** at Corner Canyon High School and agree with the information within.

Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_