

## 2606 WEIGHT TRAINING SYLLABUS

Coach Matthews

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**Length of Course:** 1 Semester **Grades:** 10-12 **Prerequisite:** None **Credits:** 10

**Type:** Elective. Satisfies second year PE requirement.

**Course Objective:** The objective of this class is to complement the academic programs at Rancho Mirage High School through physical activity, student leadership, and student interaction. Students will interact with others through physical activity to enhance their health, coordination, cooperation and thinking skills.

Students will be required to participate in daily class workouts. We will study the 13 major muscle groups, and explore different ways to use them while exercising. Students will use these major muscle groups to perform a variety of different exercises.

All students will be graded on attendance, personal growth, and effort. Each student is only required to give their best effort, and work to improve their individual health and well-being. This is an activity class and students will be expected to be active!

### **Expectations:**

- Attend class daily and be on time
- Dress in appropriate attire and shoes
- Participate in daily stretches and weight room activities
- Personal growth and effort
- No Electronic devices in the weight room
- No Max Lifting (Except for Finals)

### **Daily Agenda**

10 Minutes - Take Roll

10 Minutes - Stretch (Total Body Stretch)

30 Minutes - Lifting Stations

5 Minutes - Cool Down (2nd Roll)

### **Daily Stretches**

2 Warm-up Laps - Approximately 400 meters

Roll your necks (Left and Right)

Shoulder shrugs (Front and Back)

Slow Arm Circles (F/B)

Shoulder Stretch (L/R)

Trunk Twist

Ankle Circles (L/R)

Toe Touches (Hold)

Flamingos (L/R)

Side Lunges (L/R)

Push-ups (10)

Crunches (30)

Air Squats (10)

Speed Jacks (30)

### Upper Body Workouts (3 Sets x 6 Reps) - Monday/Wednesday/Friday

Bench

Bent Over Rows

Upright Rows

Dips

DB Biceps

DB Incline Bench

### Lower Body Workouts (3 Sets x 6 Reps) - Tuesday/Thursday

Squats

Push Press

Diamond Bar Deadlift

DB Shrugs

Kettlebell Squats

Medicine Ball Step ups

Students will lift 3 to 5 days a week. Students will run 2 to 3 days a week. There will be opportunities for free lift days based on class behavior and effort. Weekly agenda for lifting and running will be based on individual class behavior and effort.

### Grading

Students have the opportunity to earn 3 points a day! One point for completing the stretches, and two points for participation in our lifting stations. Students must be dressed out in clothes different from what they have come to school dressed in. Students not dressed out, can use loaner PE clothes from the coaches office for 1 day. Any student not dressed out will receive a 0 for the day.

### Final

30 Point Final Max Test - Students will need to complete 3 attempts at their personal max on one or all of the major lifts: Bench Press, Squat, and Hang Cleans.

### Extra Credit

Student's can earn extra points credit the following ways:

1 point = 50 Push-ups

1 point = 50 Sit-ups

1 point = 50 Air Squats

1 point = 1 mile run

1 point = Complete Stretch routine including exercises

All extra credit must be done off campus and be video recorded. Students then can show the teacher their work.

Weight Training Website

<https://mrmatthewspe.weebly.com/>

Email Address

[lmattthews@psusd.us](mailto:lmattthews@psusd.us)