WEIGHT TRAINING PROCEDURES – Mr. Bennett

PROGRAM DEVELOPMENT – With the assistance of Mr. Bennett and classroom resources

* You need to set either or both short term and long term goals for the trimester that explain what you are attempting to accomplish in this class during this trimester.
* Programs should consist of 60 minutes worth of activity on Monday, Wednesday and Fridays and 30 minutes of activity on Tuesdays and Thursdays. This allows your muscles a day of recovery time.
* You need to have an activity in your program that directly works the following muscle groups. Biceps, Triceps, Latisimus Dorsi, Trapezius, Front and Rear Deltoids, Pectorals, Oblique’s, Abdominals, Gluteal, Hamstrings, Quadriceps and Gastrocnemius.
* All activities need to have a warm-up phase before performing challenge sets. Warm ups may include full body cardio warm ups and also warm ups within work out sets by starting with lighter weights.

WRITTEN RECORDING

* Create a master plan page that lists what activities you will be performing on M/W/F and which activities on the T/TH plan.
* You need to have your goal written down in your journal or on your master plan page.
* **Every day** you will record **all** activity that you perform that day. Include the date, name of activity, set/reps/weight or time if appropriate.
* You may use multiple types of recording sheets to document your workouts. These may include a notebook/journal, computer generated workout sheets or personalized workout sheets that you create specifically for your work out activities.

GRADING

* Each student can earn a maximum of three participation points every day. In order to earn these points the student must 1) dress down; 2) participate in ALL activities at a reasonably high intensity level; 3) adhere to your pre-planned work out program and; 4) follow ALL classroom rules, safety procedures and expectations.
* I will perform systematic observation of students at multiple times throughout each class period. If students are not meeting the criteria listed above that will result in a loss of participation points for that class period.
* You will regularly be graded on your written recording of activities performed.
* There will be a written muscle test over the 13 muscles that need to be part of your workout program.
* Students are highly encouraged to monitor their daily scores online on a regular basis. This is how you get feedback on your work level and program recording. Please speak with Mr. Bennett if you have any questions on your grade or daily class performance.

\*\*Please see Mr. Bennett for assistance with any of the items listed above\*\*