

Disclosure Statement for Timpview's P.E. Weightlifting Class

Description:

The course is primarily designed to introduce students to strength training and physical fitness - and to achieve strength and fitness gains. Students will be taught the techniques of free weight exercises and the principles of weight training. Also, knowledge of nutrition, anatomy, and physiology will be covered. We will work out every class day.

Philosophy:

- 1) Fitness enhances quality of life.
- 2) Effort promotes success.
- 3) Exercise improves self-discipline.

Expectations:

1) Safety: Follow all safety procedures such as use of proper lifting techniques, partner system, spotting, bar collars, and reporting faulty/damaged equipment or injuries. Lifting is allowed only during approved time and absolutely NO lifting is allowed when an instructor is not present. Those who endanger the safety of others and do not comply with the weight room rules and safety guidelines will be removed from the class.

2) Dressing: Students are to be prepared and in physical education work out clothes each class day. Necessary preparation includes: **A) Sleeved** tee shirt or sweatshirt. **B) Athletic** shorts or sweatpants. **C) Socks and athletic shoes**. **D) A pencil** for keeping a log. If a student is at school but is sick or injured, they need to bring a note from a guardian to be excused from class participation. An alternate assignment will be given to sick/injured students – if possible that assignment will include weight lifting that does not affect the injury or illness, therefore, dressing out will still be required. For students who forget PE clothes, points will be lost and the grade will be impacted. If a student consistently does not dress out, dismissal from the class may occur.

3) Attendance Policy: To allow for changing time, roll will be called five minutes after the tardy bell rings. **If you come late, you must check in with me to make sure you are marked tardy rather than absent**. Doctor's excused or extra-curricular absences do not lose class points. However, students are allowed only three extra-curricular and three Doctor's excused absences (total of six) per term without class point penalties – further missed days will need to be made up. Parent excused or pre-approved absences will result in lost points, but can be made up. After the 3rd tardy per term, each successive tardy will result in a five point daily deduction. Students must ask permission to leave the weight room for any reason - failure to do so will result in a truancy mark.

4) Participation: As this is a physical activity class, grading will primarily be based on effort, attitude, and behavior. You earn your grade so participate and cooperate and you will be successful. 15 points a day are given for dress and participation.

5) Strength and Fitness Requirements: Pre, mid, and post fitness and strength tests will be given as a part of this course. They are intended to help with tracking progress and will be part of the final grade.

6) Assignments/tests: As part of the curriculum, assignments and written tests will be given. Workout journals must be kept and will be graded. If you are absent from a class, it will be your responsibility to check to see what assignment or quiz/test you may have missed that day. You will be given two class periods (for which you are present) to request any missed assignment or make-up a quiz/test. Also, I do not accept late work

unless you were not present on the day the work was due – in that event it is due the next attended class. Misplaced assignment papers will not be replaced.

7) A few more rules: **A)** Foul or abusive language will not be tolerated. **B)** Electronic devices such as cell phones, iPods, MP3's, etc. are not allowed. **C)** Good citizenship and treating others with respect is demanded. **D)** No food or gum is allowed in the weight room. **E)** Failure to put away weights and help keep the weight room clean, or abuse of equipment, will result in lost points.

Grading scale:

94%-100%	= A
90-93	= A-
87-89	= B+
83-86	= B
80-82	= B-
77-79	= C+
73-76	= C
70-72	= C-
67-69	= D+
63-66	= D
60-62	= D-

Approximate grade breakdown:

60% Dressing, participation & effort.
40% Assignments, logs, written tests, and strength improvement.

This grade scale follows the standard Timpview/District grading scale.

Lockers:

Lockers are not assigned – they are on a first come first serve basis. You will need to provide your own lock to put on the locker you choose. Do not leave backpacks or any of your items outside of your locker. Please be aware that theft of items left out in the locker room can occur. Backpacks may be brought to the class and put in an out of the way spot – but if loss or damage of your property occurs, no teacher or school liability is assumed.

Academic Assistance:

You are welcome to come by my office for help with any questions, issues, or concerns. If you have parent excused absences or excessive Doctor or extra-curricular excused absences, you can dismiss and make up the lost daily points by participating in a PE make up run which will be offered after school the last week of each term (check with me for days offered). Running/walking three miles will dismiss one absence and regain the daily participation points. Truancies, tardies, or unexcused absences are not eligible for the PE make up run.

My goal: I would like for each student to enjoy the weightlifting class. And find the strength and fitness gains made valuable in improving health, self-esteem, and/or success if participating in any particular sport.

Thank you,
Coach Whittingham

Parents/guardians, if you have any questions, concerns, or comments during the course of the semester, please email me at caryw@provo.edu.

**We have read the attached disclosure document for Timpview's
P.E. Weightlifting Class and agree to follow all expectations.**

Please complete and return this sheet of paper **by the third class** – assignment worth 10 points if turned in by then, otherwise no points, and no class participation can occur until turned in. Keep the disclosure document for your reference. *If there are any health related concerns or other things you think I should know about, please use the remaining paper to tell me.*

Student's printed name _____ Period _____

Student signature _____ Date _____

Parent/Guardian printed name _____

E-mail _____ Phone _____

**Parent/Guardian please complete the below release:
Provo School District acknowledgment of head injury policy parent consent form – required under Utah Code 26-53-201.**

I _____ for _____
(Parent or legal guardian) (Student name)

have read, understand, and agree to abide by the Provo School District policy regarding concussions/head injuries while my student participates in PE for the 2016-17 school year.

Policy can be found at:

Provo.edu (search "head injury policy")

-or- go to: <http://provo.edu/search-results/?q=concussion+policy>

-or- request to review or have a copy be provided to you at the Main Office.

Signed (Parent) _____ Date _____

