

Weight Training

ABOUT THE CLASS

Students in this class will learn and use safe and correct weight lifting and training to develop muscular strength, muscular fitness, and total body symmetry. Programs will be designed to help students reach their goals. Activities will include assessments, goal-setting, instruction in weight room safety, individual training, group training, and record keeping. Students are evaluated on completion of daily workouts, strength and fitness development and/or improvement, knowledge of basic principles and techniques of weight training as they affect human physiology, knowledge of a wide variety of health issues and completeness of record keeping (log book).

Teens learn from the influences around them. Part of growing up is creating the habits that will follow them throughout their lifetimes and shape them as they mature. Instilling a healthy lifestyle when they are young can help build the framework for an entire lifetime of healthy habits. The units and lessons in this class will hopefully provide a spark that motivates them to live a healthy life.

SOUTH DAKOTA STATE STANDARDS

In physical education here at Stevens we are going to challenge our students so that by the end of high school, they will be college or career-ready as demonstrated by the ability to plan and implement different types of personal fitness programs; demonstrate proficiency in two or more lifetime activities; describe key concepts associated with successful participation in physical activity; model responsible behavior while engaged in physical activity; and engage in physical activities that meet the need for self-expression, challenge, employment opportunities, social interaction and enjoyment.

Standard #1 - The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.

Standard #2 – The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance.

Standard #3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard #4 – The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.

Standard #5 – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.

ABOUT THE INSTRUCTOR

The instructor for this class is Paul Hendry, who is in his 27th year of teaching in the Rapid City School District. This is also his 18th year as the Head Track & Field Coach here at Stevens as well. His class schedule for this semester is as follows:

1st Period – Advanced Weights	5th Period - PLANNING
2nd Period – Weights	6th Period – Weights
3rd Period – Weights	7th Period – Weights
4th Period – LUNCH	8th Period – Advanced Weights

To contact Mr. Hendry, please email him at Paul.Hendry@k12.sd.us

Performance Principles we will use in this weight training class:

1. Sport-Specific Training

The purest form of training for any activity is the activity itself. To be effective, a training program must reproduce the functional movements and metabolic demands of the sport being trained for. Sport-specific training challenges students and athletes' to perform specific movements and patterns safely, efficiently and subconsciously; develops the appropriate energy systems; and promotes muscular adaptations that lead to superior sport performance.

2. Multiple Joint Movements

No single body part works in isolation during sport. The body works synergistically (with muscles, joints and proprioceptors all working in an integrated fashion) to produce complex movements. Running, jumping, skating, tackling and throwing all require multiple joint actions timed in the proper neuromuscular recruitment pattern. Therefore, integrated movements should be trained, not individual muscles, if the goal is to maximize function and performance.

3. Multiple Plane Movements

Movement in sport occurs in three planes: linear (forward-backward), transverse (up-down) and sagittal (side-to-side). Training should incorporate exercises and movement patterns that develop efficiency in each plane. Only free weights allow movement in these three planes simultaneously. Machines isolate muscles and work single joints in single planes of movement. Movement training should emphasize agility, in addition to straight-ahead speed, since this is the factor that has the greatest impact on sport performance.

4. Ground-Based Movements

Most sport skills are initiated by applying force with the feet against the ground. The more force an athlete can apply against the ground, the faster they will run, the higher they will jump and the more effective they will be in sport. Thus, lifting exercises and conditioning drills should be chosen which enhance this ability. The squat and the Olympic movements (hang clean, hang snatch, push jerk) are recognized as the best movements for increasing force output. Plyometrics and sport-specific agility drills are also important.

5. Explosive Training

The ability to generate force rapidly is crucial in sport. Power production is the result of motor unit recruitment. There are two types of motor units- fast twitch and slow twitch- that vary greatly in their ability to generate force. Training explosively, using ground-based, multiple joint movements allow more fast-twitch motor units to be recruited and in return improves performance potential.

6. Periodization

Performance gains will eventually plateau and even diminish if the same training prescription is continually followed. Periodization is a scientifically proven model, which uses different combinations of volume and intensity to progressively overload the body and bring about specific adaptations. A program generally begins with a base phase, progresses to a developmental (or strength) phase and ends with a peak (or power) phase.

7. Nutrition and Recovery

No training program can be successful without a commitment to good nutrition and rest. Usually a decrease in performance can be traced to a poor diet and/or a lack of sleep. Before, during and after exercise athletes must understand what needs to be done nutritionally. Getting enough sleep must also be a priority. The body cannot recover between workouts and overtraining becomes a concern when sleep is compromised.

8. Character

To be the best student and/or athlete you can be requires more than raw talent, a sound training program and good nutrition. A foundation that includes resolve, discipline, courage, perseverance and selflessness is essential for true success. These attributes must be emphasized, developed and rewarded during training.

GRADING PROCEDURE IN MR. HENDRY'S WEIGHT TRAINING CLASS

Your daily grade is based on our physical education standards (approved and required by the Rapid City School District and the State of South Dakota). Each week can be worth anywhere from 30-100 points. Your weight-training log book, health assignments, fitness tests, evaluations and other assignments (which are also included in our physical education standards) will either be included in these points or added separately to this point system.

The "Daily 5"

BE IN CLASS - ON TIME

BE PREPARED (IN PROPER P.E. ATTIRE W/ BOOK & PENCIL)

BE AT YOUR BEST (EFFORT & ATTITUDE)

BE-HAVE (EXCEPTIONAL BEHAVIOR)

BE A GREAT TEAMMATE

There are 18 weeks of **daily grades** using the "Daily 5" listed above as well as standards 3-5. Each day is worth 10 points. **You must complete all FIVE of the "Daily 5" to get all 10 of your participation points for the day!**

Standard 1 – Motor Skills

- * Students will be able to demonstrate proper technique and effort in all activities.
- * Students will be able to demonstrate working out in proper target heart rate zones in a variety of activities.

Individual & group motor skills assessments will be conducted throughout the semester primarily on weight lifting technique. Assessments are worth 16-20 points. There are also 3 fitness tests each that will be given throughout the semester. Each fitness test is worth 100 points.

Standard 2 – Knowledge

- * Students will be able to apply the weightroom safety protocols in the weightroom.
 - * Students will be able to name the muscle(s) that are used with all lifts.
 - * Students will be able to explain daily vocabulary and/or questions in lessons.

There will be numerous **assessments** covering the student's knowledge of weight training and physical education materials taught throughout the semester. There are four unit tests worth anywhere from 50-100 points and we also use Plickers a few times each week to see if the students are understanding the material.

Standard 3 – Knowledge & Performance

- * Students will be able to demonstrate mature technique in resistance-training with all equipment.
- * Students will be able to utilize proper warm-ups and charts to adjust weights for intensity for the prevention of injury.

Standard 4 – Responsible & Respectful

- * Students will be able to demonstrate respectful and responsible behavior.
- * Students will be able to assume a coach and spotter role for classmates.

Standard 5 – Value Activity Time

- * Students will be able to choose an appropriate level of challenge to experience success.

If parent's and/or students have questions/concerns about grades, attendance, classroom procedures and/or student behavior/discipline, please contact me as soon as possible. Students can visit with me before or after class and parents can contact me by email or phone. Email works best!

REQUIREMENTS FOR MR. HENDRY'S WEIGHT TRAINING CLASS

- Be dressed in attire for physical activity EVERYDAY and not the same clothes you wear to school!
 - A blue, silver or white t-shirt with sleeves (no tank tops, muscle shirts, cut down shirts, profane words or pictures, beer or tobacco ads)
 - Blue, silver or white gym shorts or sweats
 - Socks and gym shoes with non-marking soles. (no sandals, boots, etc.)
- All boys in P.E. class are required to have a locker in the P.E. locker room with a combination lock. The girl's lockers already have locks so purchasing a lock will not be necessary. **Everyone needs to keep their valuables locked at all times!! This is our #1 issue in the locker room – please take care of your items!**
- Be dressed and in the bottom 4 rows of assigned bleachers 5 minutes after the tardy bell rings. You are considered tardy if you are somewhere else and not in the bottom 4 rows of our bleachers. All cell phones, iPods and other items that may cause a distraction need to be put away at this time as well.
- You will need to have your weight-training log book and a pen or pencil for class every day.
- Towels are not provided. Bring your own towel to use after class to shower.
- Conduct yourself properly at all times. Proper conduct does not include bullying, foul language, horseplay, or poor sportsmanship.
- Active participation in **ALL** activities **EVERYDAY** to the best of your ability will be expected of you, even on days of extracurricular events.
- Other activities should not interfere with classroom responsibilities. (i.e. other weight training programs)
- After changing/showering, **SIT in the assigned bleachers (INSIDE THE RAILING) until you are dismissed. Do not sit on the railings or wait on the track for the bell to ring.** When exiting the locker room - walk clockwise on the track to get back to our bleachers or walk across the gym floor (if shoes are clean). You will be marked for an unexcused absence if you leave the gym before the bell rings.
- Limited participation due to injury/illness requires a note from a parent/guardian or physician - please include what limitations need to be followed. Non-participation will require a note from a physician and the day will have to be made up. If the injury/illness will keep the student from participating in class for an extended period of time, then they may need to drop the class and take it at another time.
- No gum, candy, straws, suckers, or other food are permitted in class. Water or sports drinks are allowed (and strongly encouraged) as long as they are in a spill-proof, non-glass container.
- Items found in the locker room should be turned in to the instructor. Must identify to claim.

CLASSROOM ROUTINES FOR MR. HENDRY'S WEIGHT TRAINING CLASS

BEGINNING OF CLASS

At the beginning of class, proceed directly to the locker room to change for class. (WALK AROUND THE TRACK AND ENTER THE LOCKER ROOM THROUGH THE BACK DOOR). Once changed for class; have a seat in your assigned bleachers (bottom 4 rows) and complete any work assigned in your weight training log book. Assignments will be written on my white board and/or in your weight training book. Leave all equipment in the gym and/or weightroom alone until instructed what to do with them.

FIRE DRILLS

In the event of a fire drill during class, you will need to exit the building as quickly as you can. Find the nearest exit and meet on the sidewalk near the street north of the gym. If you are in the locker room, changing clothes, get clothes on as quickly as you can before you exit the building.

SECURE YOUR ROOM

If we have a "secure your room" announcement, we are to lock all doors to our room as quickly as possible. No students will be allowed in or out during this time. We will continue our activity if we are in the gym. If we are outside, we will come back in for our activity. If you are locked out of the room during a "secure your room", report to the office immediately.

A.L.I.C.E. (ALERT-LOCKDOWN-INFORM-COUNTER-EVACUATE)

The Rapid City Area School District has implemented the A.L.I.C.E. training program to help us be prepared to keep our students and staff safe from all threats including human-caused emergencies such as crimes of violence. My classes will prepare to handle as many situations as possible but we all know it is impossible to prepare for every scenario out there. Drills will include practicing A.L.I.C.E. which is

Alert is your first notification of danger. **Lockdown** means to barricade the room. Prepare to EVACUATE or COUNTER if needed. **Inform** means to communicate the violent intruder's location and direction in real time. **Counter** means to Create Noise, Movement, Distance and Distraction with the intent of reducing the shooter's ability to shoot accurately. Counter is NOT fighting. **Evacuate** means that when safe to do so, remove yourself from the danger zone.

MEDICAL EMERGENCIES

In the event of a medical emergency be prepared to stop all activities and assist in any way possible or wait quietly in a designated area. Know the locations of all AED's, ice, phones and other emergency equipment. Students with cell phones may be asked to call for help such as 911 and/or the Stevens H.S. Main Office (605-394-4051).

END OF CLASS

The weightroom needs to be set back to "Zero Point" before leaving. The teacher will check to make sure this is done before you will be dismissed. Once finished changing, please have a seat in our assigned bleachers until the bell rings. DO NOT WALK ACROSS THE GYM FLOOR. GO UP THE STAIRS AND WALK AROUND THE TRACK TO EXIT THE GYM.

STEVENS HIGH SCHOOL WEIGHTROOM RULES

- All students must have gone through a weightroom orientation on common risks in strength training, proper lifting techniques, spotting and possible consequences if proper technique is not employed.
- Students should wear proper training attire such as shorts, t-shirts and athletic shoes. REMEMBER: school colors are strongly recommended. We also encourage all students to wear weight lifting gloves.
- For safety reasons; no jewelry or loose fitting clothes with big pockets or buttons/zippers.
- Absolutely NO HORSEPLAY!!!! This includes running, throwing things, hitting, pushing, teasing, etc...
- Inform the teacher of any injuries (no matter how minor) and/or broken equipment.
- No food or drinks allowed except for water and sports drinks! No glass containers allowed!
- Make sure your area is clear of equipment BEFORE lifting.
- Load bars evenly (with heavier weight on the inside) and use clips at all times. Make sure all clips are snug.
- Make EYE contact with those near you BEFORE lifting.
- Do not slam/drop weights to the ground unless it's to prevent injury to you or someone else! The only weights allowed to be dropped are bumper plates that are 25lbs or more and on an Olympic bar.
- NEVER interfere with the lifter!
- Follow proper spotting and coaching techniques for each lift. Spot carefully and concentrate on the lifter! Be ready to help at all times.
- Your REST time is when you are spotting – no excessive visiting or wasting time in the weightroom. This is not a visiting center – keep working!
- Return all weights, bars, bands, straps, clips, benches, boxes and other equipment to the proper locations when finished using them. KEEP THE WEIGHTROOM CLEAN!
- No leaving the weightroom without permission from your teacher! BESIDES EMERGENCIES, THERE ARE NO PASSES TO GET A DRINK OR TO GO TO THE BATHROOM! BRING A WATER BOTTLE TO CLASS AND GO TO THE BATHROOM BEFORE OR AFTER CLASS!
- Nobody is dismissed at the end of class until the teacher checks the weight room for cleanliness.
- Leave the music system alone!!
- Other weight training programs should not interfere with our class. Know our lifting schedule.
- Use of cell phones in the weightroom during class is prohibited! CELL PHONES WILL BE CONFISCATED!
- Not following any of the above rules could result in your loss of points and weight room privileges.

WEIGHTROOM SAFETY

Follow the **BIGGER-FASTER-STRONGER “SIX ABSOLUTES”** when lifting.

BIGGER-FASTER-STRONGER “SIX ABSOLUTES”

- Use the **PROPER STANCE** (athletic stance or jump stance)
- **BE TALL** - means lifting with the correct power line!
- **SPREAD THE CHEST** / Squeeze the shoulder blades to keep your lower back correct! You can also draw your belly button back to your spine and fill your lungs with air to help protect the spine.
- **KEEP TOES ALIGNED** - toes should be relatively straight when sprinting, jumping, lifting and stretching!
- **KEEP KNEES ALIGNED** – chest over knees, knees over toes!
- **KEEP YOUR EYES ON TARGET** - eyes should be straight ahead (generally) when lifting, sprinting, jumping, and stretching!

SAFETY OF THE BACK

- **Injury prevention of the lower back depends on 2 factors:**
 - First every athlete must know how to get into a safe, strong lower back position- not only in the weightroom but in athletic competition as well. **NEVER TWIST TO GET AN EXTRA REP! NEVER SACRIFICE TECHNIQUE FOR A FEW EXTRA POUNDS!!!!!!**
 - Second is strengthening the lower back and abdominal area!

SAFETY OF THE KNEE

- **Injury prevention of the knee depends on 2 factors:**
 - First you must strengthen the muscles, tendons, and ligaments; which surround the knee!
 - Second you must perform every physical action with knee in perfect alignment. Perfect alignment means straight alignment which must occur everywhere – on the field, on the court, in the weightroom, during stretching or even sitting in a chair.
- **Knee safety correct alignment is your chest over your knees and your knees over your toes. Keep your weight on your heels for most exercises!**

SAFETY OF THE HAMSTRING

- **The hamstrings consist of three powerful muscles in the back of the upper thigh; Biceps Femoris, semitendinosus and the semimebranosus. Injury prevention of the hamstrings depends on 2 factors:**
 - First you must make all three hamstring muscles from origin to insertion very strong.
 - Second you must develop great flexibility by vigorous stretching of the hamstring muscles and tendons!

SAFETY OF THE SHOULDER

- **The anatomy of the shoulder girdle consists of several bony joints, or “articulations”, which connect the upper limbs to the rest of the skeleton and provide a large range of movement. The three bones which form the shoulder girdle are the clavicle, the scapula and the humerus. The most important aspect of the shoulder is the large range of movement that it permits, which is central to many athletic movements and activities of daily living. Injury prevention of the shoulder girdle depends on 3 factors:**
 - First you must strengthen the muscles, tendons, and ligaments; which surround the shoulder!
 - Second you must perform every physical action involving the shoulder with perfect form.
 - Finally, you must develop great flexibility by vigorous stretching of the muscles and tendons in the shoulder area!