

**Monarch High School  
Physical Education Department**

**Beginner/Intermediate/Advanced Weight Training: Ms. Cohee**

**Planning:** 2<sup>nd</sup> hour 9:21- 10:51

**Phone:** 754-322-1400

**Email:** k.cohee@browardschools.com

**Text:** Handouts as needed

**Materials required:** Proper dress out clothes and folder for FCAT work

**Course Content:** The Monarch High School P.E. Department will offer Weight Training. The purpose of this course is to provide students with the opportunity to acquire knowledge and skills in weight training that may be used in physical pursuits today as well as in later life. To develop and improve muscular strength and endurance and to acquire knowledge to design and implement a personal weight training program to meet specific needs and goals.

**Class Rules & Policies:**

- You need to be in the locker room when the tardy bell rings.
- You will receive a grade everyday on dress out (5 pts.) and participation (10 pts.).
- You will be stand in roll call order for attendance and warm up exercises each day
- Improper dress or inappropriate behavior can result in a referral and removal from class
- Only soft-soled shoes are permitted in the weight room...no exceptions!
- Absolutely no food or drink in the weight room area.
- Use common sense while in class. No horseplay, profanity, or leaving class early will be accepted.

**Grading Procedures:** At the end of each 9-week marking period, students will receive a letter grade ranging from an “A” to an “F”. The grade will be based on their dressing out & participation (50%), Practical and written assessment (25%), and citizenship (25%).

**Make up Policy:** If you are absent from class you will be required to make up that days points by finding a health or sports article in the newspaper, on the internet, or in a magazine. The article must be a minimum of 15 sentences. The format and directions for handing in the article is online. You will have two (2) days upon your return to school to hand these in as per school board policy. There will be a five article limit on make up work; after that a one mile run will be used to gain credit for each excused absence.

**Grading Scale:**

**100-90 = A**

**89-87 = B+**

**86-80 = B**

**79-77 = C+**

**76-70 = C**

**69-67 = D+**

**66-60 = D**

**59-0 = F**