ATHLETIC WEIGHT COURSE
ROCKLIN HIGH SCHOOL
PHYSICAL EDUCATION ELECTIVE 10/11/12

This course is designed to provide an opportunity for students to develop a fitness workout plan through the activities of weight lifting and aerobic exercise. Flexibility, cardiovascular and muscular endurance, as well as muscular strength will be emphasized. Students will be introduced to an exercise that is a life-long activity.

Class Material:
- Water bottle (optional but highly recommended)
- Required PE clothes (gray shirts, royal blue shorts)
- Comfortable yet supportive tennis shoes for light jogging and lifting.

Course Content:
- Conditioning through the many lifting exercises and routines. Exercises vary from heavy lifting with minimal repetitions to light lifting with maximum repetitions. The instructor will be with the students at all times. Students are required to do all activities.
- Fitness and exercise principles will be emphasized throughout the course.

Essential Concepts and Skills:
- Skills and/or written testing and assessments in each unit
- Peer teaching and peer assessments
- Personal fitness program now and for the future
- Two Aerobic Assessments per quarter

Course Expectation for Students:
- Students must follow the safety guidelines when off campus
- Regular attendance
- Respect for all peers and teachers
- Active participation and positive attitude at all times
- Appreciation and enjoyment of exercise

Grading Policy:

A = 90% - 100%
B = 80% - 89% (OVER)
C = 70% - 79%
NO CREDIT = 69% and below

Final quarter grades: 80% of the students' grade is based on participation, 10% of the grade is based from written and skills assessments and 10% of the grade is based on completing the Aerobic Assessment. Quarter grades are averaged to determine the semester grade. Quarter grades must be at a 70% or higher to receive a letter grade at the semester, otherwise a No Credit will be given.
For further details on the grading policies for physical education, please use the PE Handout as a reference on our website at http://www.rocklin.k12.ca.us/staff/ddevinna/pe/index.html.

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