

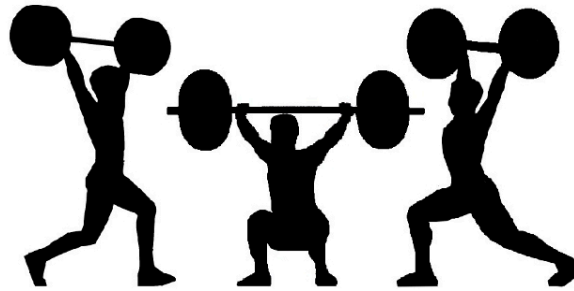
Weightlifting [2024-25]
Weight Room - 1st & 8th Hour
[E 139 Homeroom - Blended Days]

Mr. Willaert

swillaert@stclaircyclones.org

507-245-3027 ext 327

[Website](#)



****THIS SYLLABUS MAY BE CHANGED AT ANY TIME BASED ON MR. WILLAERT'S DISCRETION****

Class Overview:

This is a physical activity and participation class. Students are expected to give maximum effort in their attempts to correctly perform a variety of strength-training exercises. These may include weight lifting, agility, and conditioning.

In this course students will do the following:

- Become familiar with several types of strength-training exercises and equipment
- Understand how these benefit and strengthen key muscle groups and the body overall
- Perform these exercises correctly and use any necessary equipment properly

Class Structure:

Students will report to Mr. Willaert's classroom for attendance. Students will then be dismissed to the weightroom every day for class except for Blended Days. **Students must be in the weight room from 2:20-2:55 each day.** Students will complete a lifting log for each day they are in class - this must be complete and submitted on Google Classroom by 3pm each day. Anything submitted after that time is late and points will be deducted for that day. Anything not turned in the day of will automatically be graded as 50% for the day.

We normally do not lift on blended days (Tues/Fri). Those are used for make-up / free lifting / study hall. This may change depending on the school schedule, however students will be notified in advance.

Grading:

A = 93-100%	B- = 80-82%	D+ = 67-69%
A- = 90-92%	C+ = 77-79%	D = 63-66%
B+ = 87-89%	C = 73-76%	D- = 60-63%
B = 83-86%	C- = 70-73%	F = Below 60%

Grade is based on total points

Includes all workouts and make-up workouts

Participation Policy:

Class grades are based entirely on participation. Students **must attempt** to perform all exercises to the best of their ability. Failure to participate on any given day will result in a zero for the day.

Students will receive up to 10 points each day we are in the weight room (usually Mon/Wed/Thurs). Students must complete a lifting log for each day they are in class. This will be posted on Classroom at the beginning of class and will be due by 3pm each day. If the log is incomplete, missing, or late - there will be an automatic deduction of points for that day.

If you are absent - Open up the Make Up workout PDF posted on Classroom for that day, complete it and fill out the lifting log for that day. You will have until 3pm on Friday to complete the logs for any absences that week. Students will receive a zero for any day that is not completed by 3pm on Friday. Any absence not excused for a school event will automatically receive a 2 point deduction for that day.

Class Policies:

- **Dismissal is by the teacher** - All workout areas must be cleaned/organized before students leave
- **Food and drinks are not allowed in the weightroom.** Water in a sealable bottle only.
- Disrespecting other students or staff in any form will not be tolerated. This includes language, attitude, physical contact, etc.
- Phones are not allowed in the weightroom. Students are not allowed to take photos or videos while in the weight room or locker room. If I am made aware of this, that phone will be turned in to the office without warning.
- **If you are absent for any reason:**
 - Email me explaining why
 - Complete the Make Up workout for that day
 - Complete the Lifting log on Classroom for that day

Dress Code: Students are expected to wear appropriate clothing and shoes for lifting. This should be generally athletic (think T-shirt, shorts, tennis shoes). This is ultimately at my discretion, and any clothing related issues will result in a loss of points for the day. This is non-negotiable. If I tell you that something is not appropriate for the weight room, you will lose points for the day, no questions asked.

Medical Excuses: Parents may excuse their student from PE due to injury or illness for 2 PE classes. After 2 PE classes, students must obtain a doctor's note to give to their teacher. Please have the doctor specify **what activities may be done and a return time** for the student. If a student is unable to participate fully because of a long-term medical reason an alternative activity will be assigned based on the doctor's note that was obtained (i.e. walking). This allows for participation so the student does not fall behind. Students will have to make up the days that they missed due to the injury. The amount of time allowed for make-up will be determined based on the nature of the injury/illness.

[Click here to see school policies on Attendance/Tardiness; Plagiarism/Academic Dishonesty; Electronic Devices; Formative Assessments](#)

Students and parents/guardians are responsible for viewing and understanding this syllabus. Mr. Willaert reviews this syllabus with students in class at the beginning of each year, and it is available on the school website at any time.

Students will receive a "Notification of Understanding" slip on the first day of school. It is the responsibility of the student to bring that slip home, review the syllabus with a parent/guardian, obtain the necessary signatures, and return that slip to Mr. Willaert by the end of the first week of school.