

# WEIGHTS SYLLABUS

**COURSE:** Weight Training  
**TERM:** Fall 2025 - Spring 26  
**Instructor:** Jeff Hunnicutt  
Model High School  
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## Course description/objectives:

This course focuses on helping students learn about and improve the fundamental components of muscular strength and endurance, along with the development of fundamentally sound resistance training techniques. Various activities for speed, agility, and aerobic endurance will be used as a warm-up and in weekly workouts. The lifts will include the core lifts of bench press, squat, deadlift, power clean and hang clean with alternating auxiliary lifts to compliment the muscles being targeted.

## Class Rules/Policies:

1. Do the right thing! (behavior, language, and actions)
2. ISS/OSS assignments are a part of your weekly grade.
3. Cell phone policy is easy now!
4. Absolutely no eating in the Weightroom! A bottle of water is the only drink allowed. No Gatorade, Powerade, Vitamin water, etc.!

## Course requirements:

1. Proper Dress (shorts, sweats, t-shirt, athletic shoes and socks). NO OPEN TOED or STRAPLESS SHOES.
2. Daily participation.
3. Literacy and/or written assignments will also apply.

## Grading Policy:

1. Each student will receive a weekly grade in Weight Training.
2. Students will earn 20 points per day for dressing out and participating. Alternate assignments for Participation are available for ISS, OSS, or Injuries. (150 Words Minimum)
3. Students will max out as a part of this course. Participation in this is mandatory and a part of your test grade.
4. Mid-Term/Final Exam-20%