Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fitness/Weight Lifting I – Course Syllabus**

**Mrs. Sage Robinson-Miller**

**Course Description:**

(630061) FITNESS/WEIGHT LIFTING I

**1 Credit PE Elective**  **Grade: 10, 11**

*Prerequisite: Passing grade in Physical Education or ROTC*

Fitness I is PE elective that provides an excellent opportunity to enhance your overall health during the school day!

This course includes the “**Six Pillars of Enhancement”**:

1. Human Anatomy, Physiology, and Basic Athletic Training
2. Weight Lifting Technique & Safety
3. Cardiovascular & Flexibility Training
4. Positive Lifestyle Choices and Enhancement
5. Character & Mental Training
6. Self Improvement & Goal Setting

\*This course also helps athletes meet the school’s lifting requirements. **This class is a prerequisite for Fitness II and Athletic Enhancement (86% B- Minimum).**

**Required “7”:**

1. ID – Around Neck Upon Entering Classroom
2. Assignment Notebook/Student Planner
3. Free Read Book – AR Books Would Be Good Options!
4. Pencil
5. Proper Lifting Clothing – Example: Shorts, T-shirt, and athletic shoes (court or tennis shoes)
   1. You will also need to bring shower supplies: Towel, soap, shampoo, deodorant
   2. A school padlock and locker will be issued to you
6. 3-Ring Binder – Minimum 1 ½ “ w/loose-leaf paper
   1. EVERY paper you are given must be kept in this! It will be graded!
7. Journal Notebook – Must Be Left in Classroom & Only Used for Journals

**What to Expect:**

* The majority of this class involves weight lifting
* We will be lifting four days a week – most weeks
* Your #1 priority during this course is to put maximal effort towards self improvement within all six pillars of enhancement - with emphasis on **proper technique!**
* This is the introductory fitness class, therefore there will be more learning and paperwork in this class than during the more advanced lifting classes
* I plan on working hard and having fun this semester and I expect you to do the same!

“All the so-called ‘secrets of success’ will not work unless YOU do.” --Unknown