

Varsity Football Weight Training
Mr. Joshua McGill
Hillcrest High School 2015

Course Description

The varsity athletics weight training course utilizes a variety of health enhancing activities derived from weight training, speed development, agility development, and flexibility. The goal is for students to improve athletic ability for the sport they participate in. It also provides students with the knowledge to develop and maintain an individual level of fitness that forms a foundation for a healthy future.

Essential Functions

Students in this course must possess some essential levels of functioning which includes the following:

- Be on time
- Dress appropriate in athletic attire
- Follow directions of the instructor
- Read and comprehend material related to the study of the course
- Actively participate in physical activity, discussions, games, and skill drills

By the end of the course the student will be able to construct, implement, and maintain a lifelong plan for physical activity.

Course Expectations

- A positive attitude in an atmosphere of mutual respect is expected at all times.
- Comply with all policies set forth by the Tuscaloosa County Board of Education regarding tardies, make-up work, electronic devices, dress code, etc.
- Students should come to class prepared to work or participate in physical activity and bring all necessary materials (tennis shoes, t-shirt, shorts or sweat pants, notebook, pencils or pens).
- After a student is absent they have 2 days to bring a written excuse signed by parent or guardian.

Students that cannot participate for any reason must bring a note stating the reason and dates for not participating. A note from a physician is required to be excused.

Grading Policy

The final grade will be determined by combining daily grades together for an average after two nine week semesters.

Daily grades include:

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|--------------------------|-----------|
| • Participation | 50 points |
| • Being on time | 20 points |
| • Being in assigned area | 30 points |

Please feel free to contact me at any time concerning your child's progress. You can contact me at Hillcrest High School at 342-2800. I look forward to a great year. Please sign and return this copy.

(Student Signature)

(Parent/Guardian Signature)