

# PHYSICAL EDUCATION –Weight Training: 2009-2010

INSTRUCTOR: MRS. PETERMAN

OFFICE: 218

OFFICE HOURS: 7:30- 2:30

OFFICE PHONE: 773-535-2325 EXT: 25802

E-MAIL: [cspeterman@cps.edu](mailto:cspeterman@cps.edu)

WEB PAGE: <http://home.comcast.net/~mrspeterman> (can be accessed from the Kennedy website)

CLASS SCHEDULE: 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>

## CLASS OBJECTIVES:

1. To understand the principles of weight training and its impact on a person's overall fitness.
2. To improve cardiovascular fitness by being able to run for at least 30 minutes.
3. To understand the principle of wellness and its' impact on a person's quality of life.
4. Understand the importance of regular physical activity for enhancing and maintaining personal health throughout the life span.
5. To discover ways to incorporate physical activity into daily life.
6. To be able to achieve the average fitness level of their age group.

INSTRUCTION: Students will be involved in various activities two days a week. Activities will include: soccer, football, volleyball, basketball, floor hockey, aerobics, taekwondo, fitness testing, softball, tennis, and swim. They will meet in the fitness room twice a week.

GRADING, RULES, EQUIPMENT, CONDUCT and any other topics are discussed in detail on my website. Students and parents will have access to up-to-date information 24/7. **The website is updated weekly and it contains pertinent information for the upcoming week. The students' current grade in class can be accessed through Gradebook.** Students are required to keep track of their grade and to be aware of the activities that are going on in class.

PHYSICAL EDUCATION – Weight Training

MRS. PETERMAN

STUDENT: \_\_\_\_\_

PERIOD \_\_\_\_\_

MY SIGNATURE BELOW INDICATES THAT I HAVE READ AND UNDERSTAND THIS SYLLABUS AND HAVE BEEN GIVEN A COPY OF MY OWN TO KEEP. I AM AWARE THAT ALMOST ALL THE INFORMATION THAT I NEED TO BE AWARE OF WILL BE POSTED ON THE WEBSITE. I AM AWARE THAT THE STUDENTS CURRENT GRADE IS AVAIABLE ON GRADEBOOK AND THAT IT IS MY RESPONSIBILITY AND THEIR RESPONSIBILITY TO KEEP TRACK OF THEIR PROGRESS IN MY CLASS.

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Student signature

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Date

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Parent signature

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Date

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