

Weight Training

Instructor: Forrest Bateman **Email:** Fbateman@maxwell.k12.ca.us **School Year:** 2025-2026

Welcome to Your Journey of Strength!

This class is more than just lifting weights; it's an opportunity to challenge yourself, build confidence, and develop lifelong habits for a healthy body. Over this year, you will discover your physical potential through strength training. My goal is to empower you with the knowledge and skills to be safe and strong, both in the gym and in life. Let's get stronger, together.

Course Goals: What You Will Achieve

Our primary goal is for you to leave this class feeling capable and confident in any fitness environment. By the end of this course, you will be able to:

- **Master Fundamental Lifts:** Safely and effectively perform core weightlifting exercises.
- **Design Your Own Workouts:** Apply principles of fitness to create safe and effective personal workout plans.
- **Build Physical & Mental Discipline:** Use fitness to improve focus, resilience, and self-discipline.
- **Champion a Healthy Lifestyle:** Develop the habits and discipline for lifelong wellness.

Major Lifts You Will Learn

To build a strong foundation, we will focus on mastering some of the most effective exercises in strength training. You can expect to learn and practice:

- The Squat
- The Bench Press
- The Deadlift
- The Overhead Press
- And various other accessory and bodyweight exercises.

Class Rules & Expectations: Our Foundation for Success

To ensure a safe, respectful, and productive environment, the following expectations are **non-negotiable**.

1. **Be on Time & Prepared:** Arrive in the locker room before the bell rings and be on the gym floor, ready to work, when warm-ups begin.
2. **Dress for Success:** You **must** change into appropriate athletic attire every day. This includes t-shirts, shorts/sweatpants, and **proper athletic shoes**. No street clothes, sandals, boots, or open-toed shoes are permitted in the activity area.

3. **Respect the Equipment:** Treat all weights and equipment with care. Return everything to its proper place after use.
4. **Listen & Participate:** Give your full attention when instructions are being given. Your active participation is key to your success and the safety of the class.

Locker Room Policy

The locker room is a shared space that requires everyone's cooperation to keep it safe, clean, and respectful.

1. **Respect Property:** Do not touch anyone else's locker or belongings.
2. **Use Your Assigned Locker:** Store all personal items in your own locker and secure it with a lock. The PE department is not responsible for lost or stolen items.
3. **Keep it Clean:** Throw away all trash and keep your clothing and gear contained. Help keep our space clean.
4. **Be Efficient:** You have a limited amount of time to change before and after class. Use your time wisely to get to the gym floor on time.

Safety & Spotting: Our #1 Priority

Your safety, and the safety of your classmates, is more important than lifting heavy weight. All safety rules must be followed without exception.

1. **Always Use Collars/Clips:** Secure all plates on a barbell with collars before you lift. No exceptions.
2. **Learn to Spot Correctly:** Before spotting a classmate, you must understand how to do it safely. Never touch the bar unless the lifter is failing a rep.
3. **Communicate with Your Spotter:** Before lifting, agree on how many reps you are attempting and what the signal for help will be.
4. **Know Your Limits:** Start with a lighter weight and focus on perfect form. Progression comes from patience and consistency.
5. **No Horseplay:** The weight room is a training facility, not a playground. Stay focused and aware of your surroundings to prevent accidents.

Grading Policy: How You'll Be Assessed

Your grade is a direct reflection of your effort, participation, and growth. It is earned, not given.

- **Daily Participation & Effort (70%):** Graded daily. Based on being properly dressed, active participation in warm-ups and workouts, demonstrating proper form, and showing good sportsmanship.
- **Skills & Knowledge Checks (30%):** Periodic assessments to check your understanding of proper lifting techniques and safety rules.

Make-Up Work Policy

Since this is a participation-based class, being present is essential. However, excused absences can be made up.

- **Student Responsibility:** It is your responsibility to talk to me about making up missed participation points on the day you return to school.
- **Making Up Points:** Make-up work will typically consist of a written assignment related to fitness or a documented 30-minute workout completed outside of school hours.
- **Time Limit:** You have one week from the date of the excused absence to complete and turn in any make-up work.

Required Materials

- Athletic clothes and sneakers (stored in your gym locker)
- Water bottle
- A positive attitude and willingness to work hard!

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." - Arnold Schwarzenegger

Student & Guardian Acknowledgment

Please sign and return this portion by **August 18, 2025**.

My signature below indicates that I have read and understood the expectations and policies for Mr. Bateman's Weight Training class.

Student Printed Name: _____

Student Signature: _____ **Date:** _____

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____ **Date:** _____