

# JOHNSON WOMEN'S STRENGTH TRAINING

## Requirements:

- 1 - **Class attendance** = this is an **ACTIVE** class! Taking part in all activities is a major part of your grade. Not dressing, sitting around, not participating, or non-excused absences will result in lower points for the day.
- 2 - **Class points** = you will start with **3 points** everyday. This can go up to a maximum of **5** for the day or losing them due to behavior or lack of participation.  
\*\*\*Missing more than **7 days** will result in n credit for class.  
\*\*\*Make-up days will be provided after mid-quarter.

## Tests:

- 1 - **Written** = test on muscles & exercises. (Mid-quarter & Final)
- 2 - **Nutrition information** = computer lab.
- 3 - **WORKOUTS** = recording your weights lifted on all workouts.
- 4 - **Challenges** = bench/squats/cleans

## Uniform:

All students must have a change of clothes. Wear something that is comfortable & loose fitting. T-shirts-shorts-sweats. All long hair must be pulled back out of your face. Must have **TENNIS SHOES!!** **NO GUM - CANDY - POP!!!** **Water bottles or sports drinks are ok!!**

## Rules:

1. No one is allowed on the equipment when the teacher is not in the weight room.
2. Listen carefully to all directions & instructions.
3. Do not attempt any lifts or weights without a spotter.
4. Always use a spotter at all times.
5. Ask questions when you do not understand how to do an exercise.

## Injuries:

**FOLLOWING ALL THE SAFETY RULES!!!** If you do get hurt in class, immediately inform the teacher. Do not leave the weight room.

## Electronics:

**NO CELL PHONES - I PODS ARE ALLOWED IN CLASS!!!!** Leave them in your locker. Using them in class will result in loss of points for the day.

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STUDENT

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PARENT

\*Enjoy this class & learn as much as you can!!!