

Course Expectations Planning Guide

Physical Education & Health

909 Weight / Strength Training

Please Note: All listed information is intended to provide a general guideline for students in planning their course load. All information provided will vary according to the individual study needs and academic motivation. Events and responsibilities may vary year-to-year.

Weekly Time Commitment

Calculated by surveying students to identify an approximate amount of time spent outside of the school day in order to be successful in this course

No outside of class time is expected.

Standard Responsibilities

Successful students may have the following responsibilities in order to be successful in this course:

Active participation while in class - no outside commitments.

Significant Events

Students may expect some significant events that may be a part of this class.

Nothing is expected outside of class time.