



**PHYSICAL EDUCATION  
WEIGHT TRAINING PROGRAM**

Current Grade Levels: 8-11

**MAY 29 - JULY 26**

(NO SESSIONS JULY 2-5)

**Monday through Thursday**

**Joplin High School**

2104 Indiana Ave., Joplin, MO 64804

STUDENT NAME		STUDENT ID	
ADDRESS			
DATE OF BIRTH		GENDER	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
UPCOMING GRADE	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th	CURRENT SCHOOL	

PARENT/GUARDIAN NAME		EMAIL	
ADDRESS			
PHONE		ALTERNATE PHONE	

EMERGENCY CONTACT		PHONE	
-------------------	--	-------	--

MEDICAL CONDITIONS: \_\_\_\_\_

MEDICATIONS TAKEN AT SCHOOL: \_\_\_\_\_

**COURSE DESCRIPTION:** Students will participate in a variety of physical programs including weight training, cardiovascular activities, and fitness programs. The purpose of summer physical education is to develop muscular strength, speed, agility, and flexibility along with the skills required for a healthy lifestyle. Each session starts at the times listed below and lasts approximately three hours. In order to earn a ½ PE credit for the course, students must attend a minimum total of 60 hours in the PE/Weights course for the summer session.

Please note that Joplin School Board Policies will apply to all Summer School programs.

**Students may take this class for no credit; talk to your school counselor for information. Taking the class for no credit best serves students who may take weighted high school classes like AP and Dual Credit.**

Check here if you would like to take the class for NO CREDIT.

**MONDAY – THURSDAY SESSION TIMES:** (Check the desired time)

OPTION 1: 6:30 - 8:30 a.m.       OPTION 2: 8:30 - 10:30 a.m.

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student

\_\_\_\_\_  
Date

**Please return this form to Joplin High School no later than May 4, 2018.**