

PERSONAL FITNESS SYLLABUS

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Textbook: Personal Fitness: “Personal Fitness for You”
(Hunter Textbooks Inc.)

Replacement Cost > \$ 50.00

- Units:**
- * Cardiovascular Fitness
 - * Weight Training
 - * Assessing the fitness components/Fitness Gram
 - Flexibility
 - Muscular strength
 - Muscular endurance
 - Body composition
 - Cardiovascular fitness
 - Nutrition
 - Development of a Personal Fitness Plan
 - Fitness Gram

Fitness Gram: As a part of your child’s P.E. program, all schools throughout the state will be participating in the FITNESSGRAM fitness assessment which measures health-related fitness for youth.

The FITNESSGRAM physical fitness assessment measures aerobic capacity, muscular strength and endurance, flexibility, and body composition. We ask that you encourage your child to participate with his/her best effort and to the best of their ability. The FITNESSGRAM assessment is a measure of good health as opposed to athletic ability. Each student will be assessed using the following assessment components.

- PACER or One-Mile Run
- Push-Up
- Height/Weight
- Curl-up
- Back-Saver Sit & Reach

A confidential FITNESSGRAM report will be provided for each student to take home. This report will include your child’s scores and information on the FITNESSGRAM Healthy Fitness Zones. The Healthy Fitness Zone represents the level of fitness needed for good health. The information on this private report will not be displayed or made public.

For more information regarding the FITNESSGRAM assessment, please refer to www.FITNESSGRAM.net/faqparents. If you have other questions, please contact

your (district Health/P.E. Coordinator, other district contact, school principal, or schools physical education teacher).

Course Objective: Students are able to identify between Health-related and Skill-related fitness and the importance of Aerobic and Anaerobic exercises. Students will gain knowledge of the importance of their *Resting*, *Target*, and *Recovery* heart rate. Fitness assessments will be administered through out the semester to monitor each student's fitness levels in accordance with new State Standards. (House Bill 229).

Mid-term Progress Reports: Reports are given to students following the sixth and twelfth week of each semester. Students must sign a form indicating receipt of the mid-term report and will be issued during a student's homeroom.

Evaluation:

- Dressing-out & Participation > 60%
- Written and Skill Tests > 20%
- Comprehensive Final Exam > 20%

Make-up Policy:

Students can make-up excused absences for Full credit. This includes daily dress-out and participation and both written and skill test. Make-up sessions occur on Fridays during class but it is the student's responsibility to arrange the make up session with the teacher. Students may NOT make up points lost, due to failure to dress-out and participate. Work missed due to unexcused absences may be made up; however, the student may receive a maximum grade of 80 % per assignment.

Late Work Policy:

Students who fail to turn in assignments on the due date will receive a "zero" until the assignment has been completed. Students will receive partial credit for late assignments. All work must be turn in ten school days prior to the end of the semester.

Recovery Policy:

Opportunities designed to allow students to recover from a low or failing cumulative grade will be allowed when all work required to date has been completed and the student has demonstrated a legitimate effort to meet all course requirements including attendance. Students should contact the teacher concerning recovery opportunities. Teachers are expected to establish a reasonable time period for recovery work to be completed during the semester. All recovery work must be directly related to course objectives and must be completed ten school days prior to the end of the semester. Teachers will determine when and how students with extenuating circumstances may improve their grades.

Honor Code:

As explained in the student handbook, cheating is defined as “the giving or receiving, in any form, information relating to a gradable experience.” Violations of the honor code will result in a zero for the assignment, plus an honor code violation form placed in the student’s disciplinary file. Read the student handbook carefully to fully understand what constitutes a violation.

Upon teacher request, students may be required to email essays, research papers, or other written work to turnitin.com. The website checks the submission for plagiarism, provides a receipt for the student to give to the teacher, and reports to the teacher that the student’s work was not copied from any source. Students will be trained on the use of turnitin.com in the first week of school. Students who do not have email access at home may use the computers in the media center.

Writing for Excellence

The Language Arts Vertical Team, a committee of Fulton County Language Arts teachers, has developed guidelines to help our students achieve excellence in communication. The vertical team promotes active communication among teachers to ensure seamless instruction as student’s progress through grades 5-12. A main objective is effective student writing in all content areas. The following are basic writing standards: complete sentences, appropriate punctuation, capitalization, formal spelling and legibility. Clear written communication is necessary for academic and professional success; therefore, our ultimate goal is to promote writing excellence.

Teacher/Parent Communication: Parents can contact their child’s teacher to discuss academic or/and behavioral concerns by calling the office or by email. It is strongly suggested that you sign up for Home/Student Access Center, a computer program to assist in immediate information on daily attendance and grades. . Parents and students are encouraged to sign up for Remind 101. This provides a way for teachers to remind students and parents of due dates for assignments, test, etc.

Class Expectations:

1. Attend class daily!
2. Dress out & Participate on a daily basis!
3. Students that do not dress-out will not be allowed to participate!
4. Be on time! Tardy Policy will be enforced!
5. Be prepared with paper & pencil on classroom day!
6. Take proper care of school equipment and facility!
7. Be courteous, respectful, and helpful to peers and teachers!
8. Absolutely NO food or drinks (*excluding WATER*) in the class!
9. Lock up all valuables in the locker rooms! YOU are responsible!
10. Follow safety guidelines given by the teacher during class activities!
11. Take care of water and bathroom need between classes!

12. **-NO cell phones** out unless being used for classroom instruction.

Tardy Policy:

- *1st tardy..... written reprimand.
- *2nd tardy one day private detention with teacher
- *3rd tardyreferral to administrator and two days public detention
- *4th & subsequent tardy referral to administrator and one day Saturday School.

Failure to Dress out and/or participate > will result in receiving a **4** point deduction for that class period.

- *First – Third Offense > Student will receive a verbal warning with opportunity for rental shirt. If student opts not to take the rental shirt then they will be given a written assignment. (If completed student would only receive 2pts deducted for that day)*
- *Fourth Offense > 1 day public detention w/ written assignment*
- *Fifth Offense > 2 days public detention w/ written assignment & office referral*
- *Sixth Offense > 1 day of SOS (Saturday school), written assignment & office referral*
- *Seventh Offense > Office referral, SOS or ISS, written assignment*
- *All athletes in season are expected and required to dress out and participate on game days in the new Physical Education 2015-16 departmental issued T-shirt. Failure to do so results in loss of points that cannot be made up.*