**PERSONAL FITNESS SYLLABUS**

**Teacher:** Coach Faulkner

**Classroom**: Small Gym

**Blog address: Coach Faulkner’sUpdates@weebly.com**

**E-mail**: Cynthia.faulkner@cobbk12.org

Office: 423

**COURSE TEXT(S) & READINGS:** Rainey, Don L. & Murray, Tinker D. (2005) *Glencoe Foundations of Personal Fitness*, The McGraw-Hill Companies, Inc.

**COURSE DESCRIPTION:** The **personal fitness** course is designed to help students understand why exercise and fitness are important in developing a healthy and active lifestyle. The course will emphasize successful strategies for maintaining good cardiovascular endurance, flexibility, muscular strength, muscular endurance, and body composition.

**Attendance**

**Policy**: You **MUST** be here for class. You will be expected to be in class and prepared for each class by dressing out, completing the readings, and all assignments or homework required. You will receive a ZERO for your daily grade for any absences. Only students with **excused** absences may make up work. All work missed due to an **unexcused** absence or tardy will be given a grade of ZERO. If a student has been absent, homework is due the day the student returns to class.

**Class Begins:** Each student **MUST** be in the gym (classroom) and in your assigned role call spot (seat) 7 min after the tardy bell rings or you will be counted tardy, unless a student has an excused note from office, all personal business with other teachers need to take care of outside of class time Please read the *Student Handbook* on excess tardiness. If you are continuously tardy to class, a parent/guardian and proper administrator will be notified.

**Missing**

**Assignments**: \*\*\* Tests/Projects/Assignments - The student must complete any assignment within five (5) days of the student’s return to class. After five days, the student will receive a zero.

**If you do not turn in your assignment(s) on the day it is due, you get one day to turn in your assignment(s) late for ½ credit.**

**Policy on**

**Academic**

**Misconduct**: All acts of dishonesty in any work constitute academic misconduct. The *Student Handbook Policy* will be followed in the event of academic misconduct.

**Class**

**Behavior:** Please read the *Student Handbook* on behavior policies and expectations. Each student is responsible for his or her own actions. Inappropriate behavior, comments, or gestures should be kept to yourself. Make an effort to be kind and considerate to others. Everyone’s opinion is important.

**Grades**

**Procedures**: All grades will be on a scale of **100 points**:

 **Category** (Weight of Activities)

 **-Daily Training Grade 50%**

 **-Fitness Testing 20%**

 **-Classwork 20%**

 **-Final Exam 10% 100%**

**Dressing Out:** Proper attire is required for class. Students MUST wear activity shoes, socks, T-shirt, and shorts. (Shirt and shorts must be different than what was worn to school that day and must follow the school dress code policy.) Students must dress out for class every day and **participate**. Each week you earn **100 points** for a **Daily Training Grade**. Failure to dress out or participate will result in a deduction of points from that grade. A doctor’s note will be the only acceptable excuse for not dressing out and non-participation. In these cases, an alternative written assignment will be given.

Each student will be given 7 minutes at the beginning of class to dress out and ten minutes at the end of class to dress in. Activity classes will vary throughout the week. Each week could be different due to the weather, activity space, etc.

The **locker room** will not be available for you to lock up your belongings . You will be asked to bring your book bag to the gym. I will lock all back packs and book bags in the equipment room.

 \*You **cannot** make-up your grade for a “No Dress.” \*

\*\*It’s very important to dress out and participate on activity days. When you do this you are working towards mastering certain state and national performance standards. The ones you will be working towards are as follows: PEBPE1.2, 1.3, 3.1, 3.2, 3.3, 4.1, 4.4, 5.1, 5.2, 5.3, 5.4 and 6.3. \*\*

**Running Program**:

Week 1 run 5 min. walk 5 min. 4 sets No Test

Week 2 run 5 min. walk 5 min. 4 sets Test 5 min. run

Week 3 run 7 min. walk 3 min 2 sets Test 7 min. run

Week 4 run10 min. walk 5 min. 2 sets Test 10 min. run

Week 5 run 12 min. walk 3 min. 2 sets Test 12 min. run

Week 6 run 15 min. walk 5 min. 1 set Test 15 min. run

Week 7 run 18 min. walk 2 min. 1 set Test 18 min. run

Week 8 run 20 min. walk 5 min. 1 set Test 20 min. run

Each week on Thurday students will run for the assigned time without stopping to pass test

If on test day student is unable to complete the time assigned for test they will be given 2 more attempts the following week to complete the test

All students are encouraged to do their best and work during the week to build up endurance to be able to stay on track with the testing

If a student has a medical reason for not running they must bring in a note from a doctor to be exempt from these test. Students with medical issues will be given alternative assignments to make up for this area of the class

This schedule is subject to change due to schedule changes, weather, or other interruptions in schedule Students will be told of changes as they come up

**Be**

**Considerate:** - Do not talk while someone else is talking.

* Do not bring **food in gym**
* Remember **NO** hats.
* Respect all substitute teacher.
* Treat others how you would want to be treated.
* See the *Student Handbook* regarding the school policy on insubordination and other behavior issues.

**Valuables**: You are responsible for your valuables. (Please keep up with them, lock them up or don’t bring them at all)

**Cellphones**: Students shall not use, display or turn on cellular phones, video phones, or electronic devices during instruction time except when a teacher uses these devices for instructional purposes.  The consequences for inappropriate cell phone use are:

**1st offense** – Teacher warning

**2nd offense** – Detention

**3rd offense** – Administrative referral

**Remember:** Personal Fitness **is required to graduate**. If you do not pass you will have to take the class again.

**Personal Fitness Syllabus (sign-off sheet)**

Each student and parent is required to **read** and **sign** Coach Walker’s syllabus and return it back within three (3) days.

Personal Fitness Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 Print Name (Student) Date

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 Student’s Signature

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 Parent’s Signature Date