**PERSONAL FITNESS SYLLABUS**

**Teacher:** Coach Faulkner

**Classroom**: Small Gym

**Blog address: CoachFaulknersupdate.weebly.com**

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

Blendspace.com code zqys

1. **COURSE TEXT(S) & READINGS:**

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

1. **COURSE DESCRIPTION:**

**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.

1. **POLICIES ON ATTENTENCE AND MISCONDUCT**

**Attendance**

**Policy**: You **MUST** be here for class. You will be expected to be in class and prepared for each class by dressing out, participating, 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. Make-up work can be found on teacher’s Blog It is student’s responsibility to turn in make-up work on time

**Class Begins:** Students will report to locker room and dress out for class .7 minutes after tardy bell rings all students are to be in their roll call spots ready for class

**Failure to be in your roll call spot will result in a 5 point deduction from your daily training grade**

If this is an ongoing issue student will be referred to administration

**End of Class**: Students will be dismissed to dress in with 7 minutes remaining in class. All students are to stay in assigned 400 hall area until bell rings to dismiss to next class

**Leaving area early will result in administrative write up (Skipping class)**

**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.

1. **EVALUATION INFORMATION**:

**Grades**

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

**-Daily Training Grade 50%**

**-Fitness Testing /weekly run test 20%**

**-Classroom assignments/Test 20%**

**-Final Exam 10% 100%**

**Dressing Out:** Proper attire is required for class. Students MUST wear activity shoes, socks, T-shirt, shorts or workout pants. (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**. Failure to dress out or participate will result in a deduction of **20 points** from the student’s daily training 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.

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

Each student will be given seven minutes at the beginning of class to dress out and seven 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 be available for you to lock your belongings up. You will need to provide your own lock. You will be required to bring your book bag to the gym. I will lock all back packs and book bags in the equipment room.

\*\*It’s very important to dress out and participate daily. 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. \*\*

**Behavior**:

* Be considerate

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

* Do not bring **food** in the gym. (You may bring a bottle of water)
* Remember **NO** hats
* Respect the 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**: NO Cell Phone will be allowed at any time during class- phones should be locked away in your book bag for safety

Failure to follow cell phone rules will result in the following:

1st Teacher warning

2nd Detention

3rd Administrative referral

At any time you have cell phone out 5 points will be deducted from your daily training grade

**KMHS P.E. DEPARTMENT INDIVIUAL RESPONSIBILITY GRADING STATEMENT**

The KMHS Physical Education Department deeply believes that helping students better understand their Individual Responsibility within the Physical Education setting is a vital part of our mission. Therefore, students will be graded accordingly on their ability to follow directions, arrive to class on time and be dressed for activity, be in the appropriate location, and following all rules and regulations as set forth by their teacher. A student’s inability to live up to our Individual Responsibility Standards will result in a reduction or total loss of Dress/Participation points for that day.

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

Each student and parent is required to **read** and **sign** Coach Faulkner’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

Thank you,

Coach Faulkner