

**LEE COUNTY HIGH SCHOOL**  
**Body Sculpting or Advanced Body Sculpting**  
**Course Syllabus**

**Instructor:** T. Davis, C. Rice, J, Kremer    **Instructor Email:** davisto@lee.k12.ga.us

**Room #** Gym/Room 202/Activity Building/MP    **Year:** 2018-2019

**Course Name and Code:** Body Sculpting    **Semester:** 1<sup>st</sup> & 2<sup>nd</sup>

**Remind Code:**@nosweat189    **Equipment Fee:** \$2.00

**Supplementary Texts or Special Materials/Needed:** Shorts, sweatpants, tights, t-shirt, tank tops, tennis shoes and socks, pencil and paper TBA.

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**Course Description:** Body sculpting is a course designed to improve the physical and mental development of the student as well as to help prevent injury while increasing muscle mass and tone. Students participate in strength training, flexibility training and cardiovascular development.

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**Course Outline and Content:**

- Step Aerobics
- Tae-Bo
- Insanity
- Weight Training
- Cardio Training
- Speed Training
- Weekly Log
- Physiological Research

**Special Assignments and Projects:**

**Students will maintain a weekly diary of individual progress. Plan and implement a personal health-related fitness program.**

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**Classroom Rules and Discipline Procedures:**

1. When the **bell rings**, the students **have to be in the gym/locker room/or in the hallway of the gym or activity building. Anywhere else is considered tardy. Please send the tardy policy per LC handbook.** If they do not serve within the week, it results to a referral.
2. Students are required to dress out every day. Students receive 100 points per week. However, if a student doesn't dress (-10 points) and doesn't participate (-10 points) that is 100-40=60 for the week; class only meets 4 times per week but you are given 20pts per day for 5 days.
3. Dressing out includes t-shirt, shorts, leggings, or comfortable workout gear.
4. You may not wear cutoffs, boxer shorts, or cutoff shirts.
5. All personal business, bathroom, phone calls, etc..., should be taken care of before or after class. You will be given 6 minutes to dress before class and 8-10 minutes to dress after class.
6. You will be given a fitness test at the beginning, the middle and the end of the semester.
7. You will be assigned a locker for your physical education clothes. There are not any lockers in the activity building. VALUABLES MUST BE LOCKED IN A LOCKER

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OR LEFT AT HOME OR IN THE HALLWAY LOCKER. LCHS and its employees are not responsible for lost or stolen property (money, cell phones, I-pods, etc....)

8. **NO TECHNOLOGY DURING CLASS UNLESS INSTRUCTED BY THE COACH!**
9. There will be no tolerance for damage to physical education material, fighting, nor abusive language.
10. Doctors excuses are the **ONLY** notes accepted and will be followed up by the coach. If a student is in the care of a doctor, the doctor needs to provide specific activities that cannot be done in class. ***Parent notes are not accepted.*** A student will lose points if a doctors' excuse is not provided and the student doesn't participate. The coach may provide the student with a specific activity to complete until a doctors excuse can be provided so the student is not penalized.
11. Students who are absent, don't dress, or don't participate in the class activity **DO NOT** receive full credit. A student receives 100 points per week (5 days = 100%). 5 points is automatically deducted for an absence sick etc. daily. The student is not participating in the class activity so they will not receive full credit for not participating along with all the other students. Students who ask to work with the trainer will receive 5 points off weekly (advanced class only). Students participating in a sport will not lose points if they are NI; extracurricular activities that are not sport related will only lose 1 point.
12. If a student has a medical excuse and cannot participate in any physical activity for more than a week; the student will not receive a grade or the student will need to make arrangements with the Coach to grade papers etc to receive a 90 in the class. The only other arrangement would be for the student to be moved out of Body Sculpting.

Make-up Policies: Any activity that needs to be completed will be communicated to the student and the student will need to complete in a timely manner. If a student chooses to make up a missed class activity to receive full credit this will be accepted. Arrangements will need to be made with Coach Davis.

Grading System:

Point System Includes: Dress 50%, Participation 50%

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**I have read and understand all of the objectives, requirements, and expectations for Body Sculpting or Advanced Body Sculpting taught by Tondra Davis**

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**Student signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent signature**

\_\_\_\_\_  
**Date**