

**Coach K & T Davis, D.Fabrizio**  
**PERSONAL FITNESS (ON-LINE): Class Code:z8fz8yy**  
**Lee County High School**  
**Aug-Dec 1st Semester**

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Remind Code: Text 81010 Message: opf18sem2

**Pre Requisite**

In order to take this course one must be involved in a FALL sport, belong to a Fitness Club (YMCA, TONY'S, ETC), or you must adhere to the following requirements.

Note: LCHS students receive a \$15/month membership at Lee Branch YMCA with no joining fee and no requirement to set up a monthly draft. They can just pay \$15/month cash if they want to. All they need is their school ID when they enroll.

**Objective**

To help students gain knowledge and understanding of Personal Fitness and how to gain or maintain a healthy lifestyle which will incorporate making healthy decisions physically, mentally, and socially.

**Grading Criteria**

Grades are based on a point system. Students will be graded based on the following.

- Participation (workout video)
- Tests/Quizzes
- Progress of Fitness Levels (Pre-Fitness Gram/Mid/Final) which measures cardiovascular fitness, muscular strength, and % body fat.

**Class Meetings / Attendance**

This class will meet the first 2 or 3 days of school to discuss all the requirements of the online fitness class and to participate in fitness testing. Grading for workout videos will not begin until the 2<sup>nd</sup> full week of school. This is due to fitness club orientation. Usually you have 2 orientations before you can begin any physical workout at a Fitness Club. Fitness club requirements must be fulfilled before the 1<sup>st</sup> full week of school is complete.

You must submit a video of your workout via google classroom or to my email listed above. If you are in a sport or extracurricular activity you can video the practices/games. If you are in a weight lifting class you can video that as well. ***But pay attention to directions because what you need to submit may change to a specific objective and your practice/games/weight lifting will not be accepted.***

There will be a weekly test over the Chapter information submitted on google classroom or illuminate every week or as indicated. Failure to complete assignments will result in a zero for the week. **Your grades will be based on the points you receive out of 100. Online assignments; Video; Quizzes/Tests; Pacer/Workout on meeting day. Assignments will be different weekly or as submitted.** Students will be required to dress out and perform fitness activities as shown in the grading criteria. ***If you are absent on the meeting day, a grade will go in as a 0 until you make up that day. It is your responsibility to schedule that time with your coach Lastly, late assignments are deducted 15 pts per day.***

