

LEE COUNTY HIGH SCHOOL

Personal Fitness

Course Syllabus

Instructor: J. Kremer

Room #: Gym or 202

Year: 2018-2019

Semester: First or Second

Textbooks Used: *Foundations of Personal Fitness*

PE=REF: Physical Education Replacement Equipment Fee: \$2.00

Supplementary Texts or Special Materials/Materials Needed: Shorts or sweatpants, t-shirt or sweatshirt, tennis shoes, pencil and paper.

Course Description: This program emphasizes individual personalities and attitudes to keep students involved in the learning process and show students that everyone, not just athletes can be healthy and physically fit. It provides the best chance for real change in health-related fitness habits. On the way to looking good and feeling good, students acquire the fitness tools that need for a long and healthy life. ****Georgia State Law requires ALL students to pass this class in order to graduate from high school!!**

Course Outline and Content:

Assignments submitted google classroom or wherever specified.

- Foundations of Personal Fitness
- Making Physical Activity and Exercise Safe for You
- Designing Physical Activity and Exercise Programs
- Skill Related and Health Related Fitness
- Cardiovascular Fitness and You
- Your Flexibility
- Developing Muscular Strength and Endurance through the Science of Weight Training
- Start Lifting-Safely and Correctly
- Your Body Composition
- Nutrition and Your Personal Fitness
- Shaping Your Current and Future Personal Fitness Program

Special Assignments and Projects:

Weekly fitness log involving the Pacer Run.

Classroom Rules and Discipline Procedures:

1. When the 2nd bell rings (1st bell: warning, 2nd: tardy) the students have to be in the hall way adjacent to the gym. The doors before the gym (office hallway) is considered tardy. This is at the discretion of each coach and this will be addressed with each class. Students need to change into PE attire in a timely manner. The locker room will remain locked during the class period, unless directed by Administration.
2. Students will dress out every day. Each coach will address consequences for not dressing. You will receive -10 points off of 100 points for the week. Your parents will be notified after 3 no dresses. Mondays are strictly class day for Coach T. Davis.

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3. Dressing out includes t-shirt with sleeves and shorts, sweats, or leggings. If a student doesn't dress you will still participate and still receive -10 points or -20 points (no dress & participation) per day.
4. You may not wear cutoffs, boxer shorts, cheerleader shorts. Your attire must meet the schools dress code. Stockings, socks, bare feet, flip flops are not allowed.
5. All personal business, bathroom, phone calls, etc., should be taken care of before or after class. You will be given 7 minutes to dress in and dress out. The locker rooms will be locked during all periods. **Open only at Administrations request.**
6. Do not go to the locker rooms until instructed. Remain in the hallway adjacent to locker rooms after changing. You are not allowed to leave this area until the dismissal bell rings.
7. 1 day a week (Mondays) class will complete bookwork. Report to room 202. Varies per Coach.
8. You will be given a Chapter tests, Pacer test, and other assessments during the semester.
9. You will be assigned a locker for your physical education clothes. **Do not share lockers; do not give out your combination. Valuables should be locked in a locker, 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). Lost locks are \$5.00 to be replaced.
10. You are not allowed to enter any physical education office unless instructed by your teacher.
11. **NO TECHNOLOGY in the gym during workouts.**
12. There will be no tolerance to damage to physical education material, fighting, abusive language.
13. **Doctors notes are the ONLY notes accepted.** Doctors need to address activities that the student cannot participate in daily. **Parent written notes are NOT accepted. Per Coaches discretion: an alternate workout maybe given so the student is not penalized.**
14. Medical Issues: If you have problems that need to be addressed please let your coach know on the 1st day of school. Ex. Asthma, etc

Late Assignment Policy

Book work must be completed during the week of your return. Please be responsible and make up any assignments missed. Those points will be indicated with a 0 until they are completed by the student.

Make-up Policies: Students are responsible for getting make-up work and completing the work in a timely manner.

Grading System:

Point system (100 weekly): dress & participation..20 pts per day

Classwork Assignments: Varied per teacher

Final Exam: Physical

I have read and understand all of the objectives, requirements, and expectations for Personal Fitness, taught by _____(your teacher)

Student Name (PRINT & Sign)

Parent Signature

Date