

# Lifetime Fitness Syllabus

## **GRADING**

You will be assessed a point value everyday (with few exceptions). The following scale will be used in determining the outcome of your grade:

1 point = Warm-up

3 points = Participation, Behavior, Knowledge/Concepts

You will be doing some presentations throughout the quarters (i.e. yoga salutation, step aerobics routine, etc.) which will be worth more than the daily 4 points.

There will be a final project at the end of the semester which is worth 10% of your grade.

## **MAKE UP DAYS**

You will be permitted to have 4 excused absences per quarter. Anything above 4 excused days will result in a zero. \*You can make-up your missed time in the fitness center after school under the guidance of the fitness center supervisor or join a regular PE class during your study hall as long as you are not in MASH. A maximum of 8 make-up days per quarter will be allowed.

Unexcused or unverified absences and non-change/no gym shoe days cannot be made up.

Activity must be a minimum 30 minutes in length. Activity also must be separate from any extra-curricular practice or activity.

Activity should be appropriate for inclusion in my curriculum. Examples include running or walking on the treadmill, biking, lifting weights, amongst others.

Make-ups are encouraged to be completed as close to the missed day as possible. All make-ups need to be completed by the end of the quarter that the missed day/s occurred.

\*The fitness center supervisor must sign off that you fulfilled the requirements. Sheets can be obtained from me.

\*\*Exceptions may be made as to where the make-up assignment will be completed per agreement between you and me.

## EXPECTATIONS

Class expectations are as follows:

- Be on time. Five unexcused tardies equals an unexcused absence. Unexcused tardies in PE mean you are not in the gym/locker rooms prior to bell. Keep in mind the tardies accumulate for all classes and will affect eligibility/truancy.
  
- Have a change of clothes (including appropriate **gym** shoes). A non-change day results in a 1 point drop in your daily grade (if you earned a 4 that day, you will only receive a 3). However, you must have appropriate gym shoes to **participate** (No flip flops, work boots, dress shoes, etc). A no participation grade equals a zero!
  
- Be courteous. Encourage peers, don't discourage! (You get what you give.)
  
- No foul language. No sexual harassment.
  
- No cell phone use is allowed in class or in the locker rooms (Red cards are posted in each locker room.) Exceptions may be made for cell phone use during class time, depending on the activity.
  
- Do not touch the stereo system in either gym, unless otherwise asked.
  
- Please do not take out equipment unless otherwise asked.
  
- Come ready to learn and be **ACTIVE** in class. You may want to shower after class so bring the appropriate supplies.
  
- Have inhalers/epi pens ready if you need one.
  
- Missed class time due to injuries will require a note from a parent or doctor/trainer. Notes should be given to the teacher 1-2 days after the injury occurred. Injuries lasting more than a week will require a doctor's note. Missed class time due to an injury will be made up at the discretion of the teacher.
  
- Wait in **the gym or lower commons** until the bell dismisses you from class. Stay out of the upper commons and hallway. **Failure** to do so results in automatic **zero** for your daily grade that day.