**Personal Fitness Syllabus**

Coach Langston

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Gymnasium and Room 356

9th - 12th

**Course Overview**

Introduces instruction in methods to attain a healthy level of physical fitness; implements a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; includes instruction in fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information; and promotes self-awareness and responsibility for fitness.

**Units of Study**

**Unit 1:** Getting Started and Instant Activities  **Unit 2:** Becoming Physically Active

**Unit 3:** Building Your Fitness Level **Unit 4:** First Aid/CPR/AED

**Unit 5:** Developing Cardio-Respiratory Fitness, Flexibility

**Unit 6:** Physical Activity Pyramid **Unit 7:** Health Choices

**Unit 8:** Personal Program Planning

**LaunchPad, Canvas, and Textbook**

* Launchpad is our single sign on the platform. All the apps/web tools that students will access throughout the school year, in all their courses, can be found here. You may also download the Classlink app to your device to access Launchpad from your phone or tablet.
* Our learning management system, Canvas, can be found in each student's Launchpad. The courses they are registered for will be displayed on the Dashboard in Canvas. Click on each course to find announcements, assignments, and all online instruction. You may also download the Canvas app for parents and the Canvas app for students to your cell phone or tablet.

**Materials List**

* Composition Notebook
* Pen or pencil
* RCSS issued Laptop
* Athletic Attire/Sneakers

**Grading Policy**

High School student performance will be recorded and reported in all courses by numerical grades, based on a 100-point scale.

- Calculation of Final Grades Final grades will be determined by the cumulative semester average using the following criteria:

* Minor Grades = 60% Examples include quizzes, labs, and other graded assignments to assess certain standards in a unit of study. Minimum number of minor grades per 6-week progress report period = 5
* Major Grades = 40% Examples include unit tests, essays, research papers, project-based assignments, and other culminating assessments to measure mastery of standards that comprise a unit of study. Minimum number of major grades per 6-week progress report period = 2

**Late/Missing Assignments**

Late work is defined as assignments that are submitted after the specified deadline. This does not apply to work submitted late due to absence from school. Students are expected to submit assignments on time. Multiple incidents of late work may result in teacher-student-parent conferences to examine and correct the student’s work habits through an academic contract. Scores may be reduced by 5% per school day for a 25% maximum reduction (five school days).

**Relearn/Reassess**

Students who perform below 70% on a major assignment will be given the opportunity to relearn and reassess to show improvement in their mastery of the standard. Students will submit a Relearning Plan as part of this process.

This plan should include:

* Analysis of their errors or misconceptions on the previous major assignment.
* Complete assignments provided to relearn the content for mastery. Students may also attend a tutoring session.
* Complete and turn in any missing assignments.
* Commit to date(s) and time(s) to redo the assignment or retake the assessment.
* Share the plan with their parents and teacher for approval and signatures.

Upon satisfactory completion of the plan, as determined by the teacher, students should be given a minimum of one opportunity to be reassessed. Teachers should have discretion to determine if R&R opportunities will be given for any minor assessment.

**Tutoring**

Tutoring is available as needed by appointment only. Please contact the teacher if you are interested.

**Classroom Management Policy**

Students are expected to come to class ready to learn

* No profanity
* No disruptive behavior
* No cell phone use
* No sleeping
* No bullying

1st offense student warning

2nd offense student warning and parent phone call

3rd offense parent phone call and detention

4th offense parent conference and detention

5th offense office referral

**Participation**

Students are expected to participate, cooperate, be respectful, and give 100% effort in class everyday.

**Dress Code**

Proper gym attire within the RCBOE Policy. Tennis/Running/Training shoes

**(NO slides, NO crocs, NO boots)**

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Class Period \_\_\_\_\_\_\_

# **Student Signature**

\_\_\_\_\_ I have read the syllabus for this course and understand its policies and expectations.

Print Student Name:

Student Signature:

# **Parent/Guardian Signature**

\_\_\_\_\_ I have read the syllabus for this course and understand its policies and expectations.

Print Parent/Guardian Name:

Parent/Guardian Signature: Date: