**Personal Fitness**

**D’Marcus McMillan**

**2022-2023**

**Course Description and Objectives**

This course 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

**Textbook**

N/A

**Unit/Concept Names**

Unit 1 Motor Skills and Movement Patterns

Unit 2 Movement Concepts and Principles

Unit 3 Personal and Social Behavior, Rules, Safety, and Etiquette

**Major Course Projects and Instructional Activities**

At least one project will be assigned each grading period. This will be an extension or enrichment of the concepts discussed. Students will have 1 to 3 weeks to complete each project depending on the complexity of the task. Some tasks and/or projects will be completed in class (specifically the unit culminating tasks – these MUST be completed in class only).

**Course Assessment Plan**

Students will receive a variety of assignments designed to enhance their learning. If a student is absent, the student is responsible for the missed assignment. Students who have an excused absence will be allowed five days to turn in the missed assignment. No work will be accepted after five days.

**Evaluation (Schoolwide Grading Policy)**

* *Minor Grades* = 60% (quizzes, labs, and other graded assignments to assess certain standards in a

unit of study)

* *Major Grade*s = 40% (unit tests, essays, research papers, project-based assignments, and other culminating assessments to measure mastery of standards that comprise a unit of study)

**Classroom Procedures & Expectations**

The overarching expectation in this class is RESPECT: respect for yourself, respect for other students, respect for the teacher/or any individual in authority, and respect for any guests that may enter our class. Although this encompasses all other expectations, I will outline several others for the sake of clarity.

1. Always Try YOUR BEST!!! I will not settle for anything but your best!!
2. Have the “I can do it” attitude! Stick To It and Don’t Give Up!
3. Remain SEATED and PREPARED at all times.
4. Bring ALL materials to class DAILY.
5. Every student is responsible for helping to maintain a clean, safe learning environment. Your area must remain CLEAN at all times. The floor should be clear of trash, paper, and personal belongings.
6. Adhere to all policies, rules, and regulations outlined in the student handbook, and Morgan Road Middle School’s Norms.

**Course Materials**

\* 3” 3-ring Binder \* 1 Package of Dividers (5 Total)

\* 1 - Composition Notebook \* Pencils (mechanical pencils preferred)

\* Handheld pencil sharpener \* Highlighters

\* Loose Leaf Paper \* (6) two pocket plastic folders w/ 3 holes

\* Coloring Utensils (crayons, coloring pencil, or markers)

Donations appreciated for the following (optional):

**\***Copy Paper \* Hand Sanitizer \*Dry Erase Markers \*Kleenex \* Disinfectant Wipes

**Modes of Communication:**

Email: mcmildm@boe.richmond.k12.ga.us

Remind messages:

To sign up for class reminders, please visit:  
[Your](https://www.remind.com/join/brittmath7) REMIND Information here