**Cross Creek High School**

2022-2023

Syllabus

Teacher: Coach Kelly Rm. Gym Subject: Personal Fitness/ Intro Track & Field/ Body Sculpting

|  |  |
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| Email Address | [Kellyla@richmond.k12.ga.us](mailto:Kellyla@richmond.k12.ga.us) |
| Office | [(706) 772-8140](javascript:void(0)) |
| Office Hours | 1st and 6th Period |

**INTRODUCTION:**

Welcome to Cross Creek Personal Fitness Class. This year I am excited to work with each of you as we work together to have a productive and amazing year! I received my bachelor’s degree in Physical Education with a minor in Music and Jazz Studies from Newberry College. I also earned my master’s degree at Strayer University in Teacher Leadership and I recently just acquired my second masters in Educational Leadership from American College of Education.

**COURSE DESCRIPTION:**

Personal Fitness is a semester gym class that requires dressing out and participation. This class will teach students to understand the importance of exercising and maintaining a healthy diet.

**COURSE OBJECTIVE:**

At Cross Creek High School, we strive to provide a positive, challenging, safe environment that promotes the development of motivated, respectful, life-long learners who will be well prepared to succeed in a rapidly changing society

**Link to G.A. Academic Standards for Physical Education:**

<https://www.georgiastandards.org/standards/GPS%20Support%20Docs/PE_Introduction.pdf>

<https://www.georgiastandards.org/Standards/Pages/BrowseStandards/PhysEd.aspx>

**Recommended Pre-requisite course:** N/A

**MATERIALS NEED:**

Workout clothes, Socks, and Tennis Shoes

**TEXTBOOKS:** N/A

**COURSE OUTLINE:**

**Students will…**

1. Develop an understanding of how weight training works and its scientific principles.
2. Analyze and explore weight equipment.
3. Investigate fundamental and safety concepts of weight training.
4. Establish stretching and flexibility programs to compliment weight training.
5. Develop individual and personalized programs.
6. Investigate nutritional habits and dietary considerations for the weight trainer.
7. Describe methods of assessing individual programs.
8. Explore strength and endurance training principles.
9. Assess girth measurement and ideal body weight.
10. Describe goal-setting steps for individual programs.

**CROSS CREEK HIGH GRADING SCALE PHYSICAL EDUCATION GRADING RUBRIC**

|  |  |
| --- | --- |
| Category | Weight |
| Participation/Test | 60% |
| Dress Out | 40% |

|  |  |
| --- | --- |
| Grade | Percentage |
| A | 90-100 |
| B | 80-89 |
| C | 76-79 |
| D | 70-75 |
| F | 0-69 |

**Course Grading Plan:** each student begins each week with a 100 average and is required to dress out and participate daily. Each day a student chooses not to dress out and participate will lose 20 points. Students who do not dress out will have the choice to do a writing assignment to receive partial credit for that day. **Students are also required to participate in state mandated fitness tests called *FITNESSGRAM.* Required tests are: Mile run, Sit-ups, push-ups, sit and reach as well as height and weight.**

Grade Recovery: Students who fall behind or is in danger of failing health can recover if the student communicates their intentions. Students will be assigned make-up assignments and I will administer make-up tests after school. Students will have to set up dates and times with me concerning test dates. Students who do not make a concerted effort for grade recovery, by failing to show up on agreed times and dates will receive a failing grade.

Tutoring hours will be on Wednesdays after school until 3:15

**CLASSROOM EXPECTATIONS**

* Participate in your learning!
* Participate in discussions
* Be a reliable group member
* Check your grade often and take steps to make sure you are on track
* Come prepared to work out in the proper attire
* Be Polite, Prepared, Productive, Positive, Prompt
* Respect other people’s opinions – you do not have to agree, but you should listen to what they have to say respectfully
* If you have an opinion, share it in a respectful way – language and tone
* Respect your environment: Keep the gym a nice place in which to workout
* Follow the High School Policies. (This includes the absence, tardy, electronics, iPods/iPads and cell phones, and dress policies.)
* Tardiness/Attendance: As a young adult, it is your responsibility to be to class on time. Tardiness delays the start of class and interrupts learning in progress. (If you are not early, you are late!). Tardiness will not be tolerated and will be dealt with according to the tardy policy. Following an absence it is your responsibility to find out what work needs to be completed. You must have an excused attendance slip to make-up any class work or tests/quizzes.

**DRESS OUT POLICY**

1. Students are allowed to wear sneakers, gym shorts and t-shirts in regards to school policy (All shorts must be the appropriate length).
2. Students are allowed to wear warm-up pants and wind suit pants as an option for the gym shorts.
3. Clothing may not have any provocative message on them.
4. Open toe shoes are not allowed.
5. Students are not allowed to wear leggings, jeggans, strapless shirts, spaghetti strap shirts, tights, and any form of spandex pants.

**CONSEQUENCES**

**• 1st Offense: Warning / Teacher-Student Conference**

**• 2nd Offense: Warning / Contact Parents/Guardians**

**• 3rd Offense: Discipline Referral**

**Detach and return this sheet to the teacher. Keep all other sheets for your reference.**

**CROSS CREEK HIGH SCHOOL COURSE SYLLABUS**

#### **Personal Fitness/Intro Track & Field/Body Sculpting**

**Please print all information, below, clearly (please refrain from using cursive handwriting).**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent/Guardian) have read and understand the syllabus. I have gone over the expectations and guidelines for the course with my child and we both understand the way that the course will be taught.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent/Guardian signature)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Student’s name)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Student’s signature)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (phone number)

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