

Personal Fitness Course Syllabus

VETERANS HIGH SCHOOL

Instructors: Diona Johnson, Patrick Flowe, Bryan Horton, Jeremy Rowell

Room: MPR/Main Gym

Emails: Diona.johnson@hcbe.net, patrick.flowe@hcbe.net, Bryan.horton@hcbe.net, Jeremy.rowell@hcbe.net

Course Description:

This course is designed to help students understand why exercise and fitness are important in developing a healthy and active lifestyle. The course will emphasize successful strategies for maintaining good cardiovascular endurance, flexibility, muscle strength, muscle endurance, and body composition. We will also learn and understand the FITT formula which includes frequency, intensity, time, and type of exercise. The course will also follow a conceptual approach dealing with the following topics: why personal fitness is important, starting a program, safety, diet and weight control, handling stress, and designing a personal fitness program to develop and implement lifelong fitness.

Text:

www.hrmvideo.com ISBN-13 978-1-62706-072-1

Personal Fitness for You, Stokes and Schultz. 2nd edition. (2002).

*This textbook will be in your classroom daily. You will use the classroom book set and will not be required to carry one from your locker. Personal Fitness books are not allowed to leave the classroom.

*Personal fitness follows the six GPS performance standards listed on the following link: www.georgiastandards.org

Materials:

- 1" or 2" 3 ring binder with pockets (dividers are optional)
- Loose leaf notebook paper
- Pencil/Pen

Class Rules:

1. **RESPECT OTHERS!** Pay attention and do not talk while someone else is talking or during tests.
2. Follow all normal accepted behavior policies set forth by the classroom teacher, VHS, and Houston County located in your student handbook.
3. **BE ON TIME TO CLASS!** The school tardy policy in the student handbook will be followed.
4. Bring required materials to classroom.
5. On dress out days, students should report to their specific location when the tardy bell rings. Students will be given a locker to use daily. They are encouraged to lock up their property during class. The teacher will not be held responsible for lost or stolen items. Students must remove all their items at the end of each period.
6. No sitting in the gym. Participation is mandatory.
7. NO FOOD OR DRINK are allowed in the Health Classroom; but your instructor will allow water bottles with caps/lids.

Grading/Course Requirements:

Major Assessments 45%

*Class Activities/Fitness Gram/Notes Sheets from Google Classroom

Minor Assessments 20%

*Mile Run/Half Mile Run

-student will successfully complete the mile run and half mile runs for participation and graded time at various times during the semester.

Mile Run	Times
<u>Boy's Mile</u>	<u>Girl's Mile</u>
<8:00=100	<9:00=100
8:00-9:30= 90	9:00-10:30=90
9:31-11:00=80	10:31-12:00=80
11:01-12:30=70	12:01-13:30=70
12:31-14:00=60	13:31-15:00=60
14:01-15:00=50	15:01-16:00=50
>15:00=0	>16:00=0

Daily Work

15%

***Dress Grade/Participation**

-determined by having the proper shoes/clothing to participate on required days. Grades begin at 100 and are reduced by 5 points for each day not dressed. Daily work includes Study Guides for each of the chapters from our textbook. There are 18.

Final

20%

****This course includes a cumulative exam at the end of the semester. The final will count for 20% of your grade.**

Students will need to keep a notebook which includes all study guides for each chapter to use to prepare for the final exam (if not exempt).

Cyberbullying: As defined by Dictionary.com, “the act of harassing someone online by sending or posting mean messages.” *Please keep in mind that the Google Classroom communication system is designed to work as an extension of the classroom; therefore, anything done on the site through the access of a school course group code will be treated the same as if it were said aloud in the classroom. Inappropriate comments or use of the site can result in disciplinary action.*

All students are issued a district-provided chrome book for instructional purposes, student engagement, and student learning. Chrome book use is at the direction and discretion of the classroom teacher.

Students will maintain and use all gym equipment appropriately while playing or participating in an activity. Any student who damages or breaks gym equipment will be responsible for paying for the damages or replacing the equipment piece.

***I have read and understand all of these objectives, requirements, and expectations set forth by your instructor for the 2024 Personal Fitness Class.**

Student's Name: _____

Parent's Name: _____

Medical Information

Parents/Guardians,

If there are any medical concerns that your son or daughter has that I need to be made aware of, please explain on the following lines. Please return alongside the signed syllabus. Remember, students must have a doctor's note to be excused from any fitness activity. If your student does not have any medical concerns, please write "None", sign, and return. Thank you.

Medical Concerns:

Parent Signature

Date

****Must be signed by Parent/Guardian and returned to your instructor no later than
Friday, Aug 9th.**