

Personal Fitness Course Syllabus

Instructor: Coach Goubeaux **Room:** 2302

Email: jamie.goubeaux@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.hrvideo.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.

Grading/Course Requirements:

Major Assessments 45%

***Chapter test Grades/Class Activities/Fitness Gram**

-test grades include all written tests over the chapters covered in the text, approximately five tests this semester.

Minor Assessments 20%

***Mile Run/Half Mile Run/Quizzes**

-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.

Final 20%

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

Google Classroom

To encourage blended learning, online assignments will be posted weekly through Google Classroom. At least one Google Classroom assignment per week will be graded and entered in Infinite Campus. Students should be familiar with how to navigate the online platform, communicate with their teacher, and submit assignments on time. If there are technology limitations, please notify the teacher.

Steps for Google Classroom Log-In:

Step One:

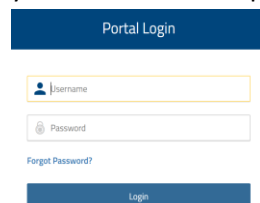
Go to the county's website and click on SSO Portal.

Or, click on the link below:

<https://portal.hcbe.net/auth/Login.aspx?ru=L3Nzby9wb3J0YWw=>

Step Two:

Students should sign in using their school/county username and password. If you have questions on your username and password, please ask your teacher.

A screenshot of a web portal login interface. At the top is a blue button labeled "Portal Login". Below it are two input fields: the first is labeled "Username" and the second is labeled "Password". Below the password field is a link that says "Forgot Password?". At the bottom is a blue button labeled "Login".

Step Three:

Students should click on the Google Classroom app.



Google Classroom

Step Four:

Let's get to work! 😊 When they sign into Google Classroom, they should see several "classrooms". They simply click on 'JOIN' for each class.

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.*

***I have read and understand all of the objectives, requirements, and expectations set forth by Coach Goubeaux for the 2020-2021 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:

****Must be signed by Parent/Guardian and returned no later than Friday, August 6, 2021.**