

Northside High School

Personal Fitness

Class Syllabus

2006-2007

This personal fitness class is designed to provide the accurate and thorough information young people need to make positive decisions about their fitness. The purpose is to motivate each student to become physically active. The topics covered address the needs of today's adolescents, taking into consideration their lifestyle and their environment.

In Personal Fitness, students will dress out three days a week for fitness activities and be in the classroom two days a week for lecture and written assignments.

The following topics will be discussed during your nine weeks in personal fitness:

1. Components of Fitness
2. Guidelines for Exercise
3. Principles of Training
4. Flexibility
5. Cardiovascular Fitness
6. Muscular Fitness
7. Body Composition and Weight Control
8. Stress
9. Designing Your Own Fitness Program

Dress Out Procedure

1. Students are required to dress out each of the three required days per week.
2. A failure to dress out will automatically deduct 20 points from the student's weekly grade.
4. Students who repeatedly do not dress out will risk failing the nine weeks.
5. Points will also be deducted for a lack of **WORK ETHIC**.

Grading Procedure

1. Grades will be determined based on dressing out, tests, classwork, and participation in class.
2. Classwork will not be accepted late unless an honest attempt has been made in class to complete it.
3. Make up work is the responsibility of the student. Make up work will only be granted after an excused absence.
4. The Grading Scale is:

A = 90 – 100
B = 80 – 89
C = 70 – 79
F = 69 or lower

Behavior Plan

The teacher will issue a detention for any inappropriate behavior. Through their prior school experience, students already have a general idea of what is acceptable behavior for school settings. The teacher will express more specific expectations as the class develops. Students who communicate effectively with the teacher, participate fully in all assignments and activities and never impose on the rights of others will not find themselves in trouble. Students who forget they are in a public group setting (and therefore must control their impulses) will very likely find themselves in trouble.

Tardiness

Students who are not in their assigned seats when the bell sounds will receive a detention or a written assignment.

If you have any questions about our Physical Education program, please contact one of the coaches:

David Taylor	dataylor@mcsdga.net	Nathan Laney	nlaney@mcsdga.net
Tish Hidle	phidle@mcsdga.net	Mike McManus	jmcmamus@mcsdga.net
Kenneth Lawrence	klawrence@mcsdga.net		

Student's Name (print): _____ Date: _____

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____