



2016-2017 Fitness Syllabus



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I. Course Content

This class will explore a variety of activities aimed to improve upon four components of basic fitness; cardiovascular health, muscular strength, muscular endurance, and flexibility/range of motion. Students will be assessed throughout the semester on six measurable exercises, in order to determine maintenance or improvement upon the four components of fitness.

2. Grading System

-Students can earn a total of 5 points per day:

Points will be awarded daily for participation, cooperation, attitude, responsibility and effort. Students will accumulate points for each of the three 6 week grading periods.

Daily Active Participation Points

1. Daily Participation.....5 points maximum each day.

Points may be deducted for lack of effort, poor attitude, tardy to class, inappropriate behavior, or improper work-out clothes (i.e. shoes, shirt, shorts/sweats)

2. Non-dress and/or non-participation.....0 points

Students not properly dressed for class will not be allowed to participate, and will be sent to the ISS room for the duration of the class period.

3. Unexcused Absences.....0 points (cannot be made up)

Six week and semester grades will be based on the following percentages:

A = 90% to 100%

B = 80% to 89%

C = 70% to 79%

D = 60% to 69%

**** "Fitness" is a "participation and demonstration" course. In order for the instructor to accurately assess learning, and provide an appropriate grade, students are expected to be present on a daily basis. Any missed class days, excused or otherwise, are missed opportunities for students to earn an assessment grade every day.****

Missed Class Make-up Opportunities:

*** Students who miss class and would like to make up an "excused absence" can do so at school, during "RIE" time. OUT OF SCHOOL MAKE-UPS (including school or club sports) will NOT be accepted.*** If you know in the future you will be gone for a family trip or an excused absence... you may make up the day(s) using RIE before you leave! Talk with your teacher and make a plan together.

3. Absences from Class Activities -Any student unable to participate in class for more than **one week** will **need to have a doctor's note excusing the absence.** -Any student unable to participate in class for more than **two weeks** will need to have a doctor's note **and** a conference with the teacher, a parent and a school administrator to discuss the continuation of the student in the PE class.

****Any student having excessive absences from this class will be referred to an administrator for possible removal from the class.****

4. Required Physical Education Clothing/ Locks

Each student is expected to dress in the issued Silverton High School Physical Education shirt. Cost of the T-Shirt is \$5.25 (shorts can also be purchased for \$9.75) which is to be paid at the High School Bookkeeper office. Clothing should be taken home and cleaned on a regular basis. Clothing with rips, holes or altered in any way **will not be allowed.** **Shirts and shorts must be marked with the last name of the student.** School issued *athletic* (i.e. football, basketball, dance, etc.) shirts will not be accepted as proper dress down attire and will result in loss of dress down points for that day; these points **CANNOT** be made up.

Each student will also be required to have a lock from the Silverton High Bookkeeper office, cost is \$4.50. Locks purchased during previous school years will be fine. All belongings must be locked up in the proper locker room facilities during class activities. **The Physical Education Staff will not be responsible for lost or stolen items.** It is your responsibility to make sure all your belongings are locked up!

5. General PE Class Guidelines

- Be present for roll call, dressed down and in the proper place no later than 5 minutes after the bell.
- Stay in the locker room until the passing bell rings.
- Wear your own P.E. clothes and not other students.
- The locker room will be locked during class time and off limits to ALL students. Use the restroom prior to the start of class.
- *****ALL TEAM ROOMS will be locked at the start of 1st period, and will remain locked until the end of 7th period*** (they will open at the listed dismissal time for a sporting event)**

6. Cell Phones/IPODS/MP3 players, etc.

Electronic devices are not allowed in the gym area before, during or after class. These devices will be confiscated and turned into the office.

** Any student caught talking/ texting/ reading texts/ or listening to music on their phones will be referred to an administrator for possible removal from the class. **NO CELL PHONES out IN THE LOCKER ROOM !!!!!**

I have read the above policies and will do my best to comply with each one.

****ATTENTION: This is a 50 point assignment. Syllabus must be returned within 5 school days to receive credit.****

Student Name Printed: _____ Period: _____

Student Signature: _____ Date: _____

Serial # on the back of the lock: _____

Locker #: _____ Combo: _____ --- _____ --- _____

Parent Name Printed: _____

Parent Signature: _____