

Trends in Fitness

Course Syllabus

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Course Description:

The Trends in Fitness course will help you to identify the six essential nutrients needed in your everyday diet as well as the five components of fitness. We will be introducing the common new trends in fitness; Yoga, Pilates, Self Defense, Body Sculpting, and many more. Watch your body transform and your healthy choices change while taking this course.

Content Standards:

Physical Education Standards: http://dpi.wi.gov/sspw/pdf/pestandards12_38.pdf

2:4:A1 Develops an appropriate conditioning program for a sport or lifetime fitness activity.

3:4:A1 Participates willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

3:4:B1 Establishes goals by identifying strengths and weaknesses using personal fitness assessments.

3:4:B2 Compares health and fitness benefits derived from various physical activities.

Textbook:

Nutrition & Wellness for Life, Tinley Park, Illinois, The Goodheart-Willcox Company, Inc 2012. The textbooks will stay in the classroom. Supplemental materials will be provided as needed.

Materials:

A folder, paper or a notebook, and writing utensils are needed every day in both the classroom and the gym.

Gym Policies & Procedures: (M,W,Th,F)

LOCKS & LOCKERS – Locks and lockers will be assigned at the beginning of the term. It is the responsibility of the students to keep their belongings locked before, during and after class. A \$5.00 fine will be added for any lock that is lost or stolen.

UNIFORM – Uniforms must be athletic wear. Any combination of **red, white, gray or black** is required.

Absolutely no cut off sleeves or tank tops; failure to follow dress code will result in “zero” for uniform grade and loss of bonus point (max score 7 out of 10 for the day). Non-marking athletic shoes are required and laces must be tied at all times. Sweats or jackets for outside use can be any color combination.

ATTENDANCE – Great attendance is needed for student success. All absences will result in loss of ten daily points until class make up workout sheet is signed by weight room supervisor and returned to teacher. Students can make-up absences by coming in after school and working out in the weight room for a minimum of 45 minutes. Arrangements can also be made to make-up class before school. Five or more absences will result in failure.

*****Class make ups can only earn seven out of ten possible daily points, and must be completed within 5 school days of absence or score will remain a zero*****

No Dress Consequences

*First No-Dress: Zero Points that they can't make up and a verbal warning

*Second No-Dress: Zero Points that they can't make up and contact the parents

*Third No-Dress: Zero Points that they can't make up and a referral, will meet with administrator (parent/teacher/student)

*Fourth No-Dress: Potential failure of the term per administration

*******SPORTS EVENTS AND OPEN GYMS DO NOT COUNT AS A PE MAKE UP!!!*******

TARDY – All students are required to be dressed and on the line before the bell rings to begin class. The PE Department will strictly follow the protocol for lateness to class as set forth in the student handbook. Refer to page 12 of handbook. (i.e: First tardy= verbal warning, 3rd tardy= parent contact. The 5th will be referred to school administrators for truancy review and parental conferences with Asst. Principal. **Student's daily points will remain at zero until class is made up and detention slip is signed by weight room supervisor and returned to teacher by student.**

INJURIES- If you become injured during the class term, please have your doctor's note say what YOU CAN DO, not that you will be out of PE for a certain period of time. (For example: If you hurt your ankle, you can still do upper body workouts so that you do not have to make up a lot of gym classes.)

CELL PHONES – Students are not allowed to have cell phones during class unless teacher requested. See student Hand book.

GRADING:

All students will be graded on a 10 point scale every day for the fitness portion of this class. Daily points will be broken down as follows:

4 points – Exercise (warm-up, fitness work, weight room, behavior, sportsmanship, language)

3 points – Activity (games, skill work, drills, behavior, sportsmanship, language)

2 points – Uniform (as described in Uniform section of syllabus, zero for inappropriate clothing)

1 point – Bonus Point (exhibits leadership, character, random act of kindness, brings cookies to teacher, etc.

Students cannot earn bonus point if they lose points in other areas.)

80% of your grade will come from the Fitness portion (fitness tests, participation, effort.....)

20% will be from the Nutrition portion (ex: notes, worksheets, homework, quizzes.....)

Classroom Policies & Procedures: (Tuesdays)

EXPECTATIONS:

Be Prompt – This allows more work time in class and less at home. It also keeps from distracting those that arrive on time. Your 4th Tardy will result in a referral and you will receive a referral for each tardy after that.

Be Productive – Again, using your time wisely allows more work time in class and less at home.

Be Proud of your work and your words.

Be Polite to others and to classroom materials. If a student is off task and/or using equipment improperly, I will use my discretion to determine if I feel they need to be removed from class.

LATE AND MAKE-UP WORK: All work is expected to be turned in on time. Deductions will be given to late assignments. It is the student's responsibility to ask for and complete work that was missed due to absence. Make-up work should be turned in within two days of return from absence.

Dear Parents or Guardians:

Your student has received a course syllabus for the Trends in Fitness course. Please take a few minutes to read through this syllabus with your student. This syllabus tells the student what is expected in the areas of attitude, safety, fitness, class work, tardy/absence, uniform, and effort needed for class. It also points out methods by which your child will be evaluated.

If you have read the information requested and understand the policies and procedures that will be used to evaluate your child please fill out completely, sign below and **return just this page!**

Thank you for your support!

Student's Name: _____ Hour: _____

Student's Signature: _____ Parents Signature: _____

Contact Information: Preferred Method (Please designate)

Parent Printed Name: _____

Parent Work Phone: _____

Parent Home Phone: _____

Parent Cell Phone: _____

Parent Email: _____