2014-2015 Tech HS Personal Fitness

**Teacher Contact Info:**

**Steve Taylor Sara Dalton**

**320-252-2231 Ext 3430 320-252-2231 Ext 3451**

[**Steven.taylor@isd742.org**](mailto:Steven.taylor@isd742.org) **sara.dalton@isd742.org**

**Course Content**: Students will participate in a variety of popular *fitness activities* including, but not limited to, Stretching and Breathing, Pilates, Cardio Boxing, Weight Training, Aerobics, and Fitness Testing. Students will assess current levels of fitness and develop individual fitness programs. This course expects that students will be self-motivated and willing to work hard.

**Elements of Personal Fitness Grades:**

\*Attendance \* Preparedness for Class \* Fitness Testing

\*Participation \* Citizenship \*Written Work

**Dress Requirements:**

**Dress Code:** Students are required to dress appropriately for class. Appropriate attire would include tennis shoes, shorts/sweats, and an appropriate T-Shirt or sweat shirt. PE attire must be compliant with the district dress code (Board Policy 504 – pg 4 in Student handbook). Flip Flops or Sandals would also be in violation of the PE dress code and will result in a No Credit.

**Locker Room:**

* Lockers are first come first serve. You are also required to provide your own lock. If you are in a sport, you may use your varsity locker until the end of the season.
* **Always lock your locker**. Do not share with anyone.

**Time Schedule:**

* Report to the mini-gym, unless instructed otherwise, dressed in proper PE attire 5 minutes after the beginning of class. You will be dismissed from class 5 minutes prior to the end of class. You must remain in the girls locker room until the bell.

**Absences:**

* Students are allowed two excused absences per semester before grade deductions are made.
* **If an absence is due to a school activity, make up is still required.**

**Grading Information:**

* Students are awarded up to ten points per day. A two-point deduction will be made for tardiness, poor attitude, inappropriate language, lack of participation. Not being dressed for class will result in a one point deduction.
* An unexcused absence, refusal to participate, or disciplinary issue will result in a “no credit” and points will not be awarded for the day.

Grading scale: A 94-100% C+ 77-79% D- 60-63%

1. 90-93% C 74-76% F below 60%

B+ 87-89% C- 70-73%

B 84-86% D+ 67-69%

B- 80-83% D 64-66%

**Class Make-ups:**

Make up times are generally on Thursday mornings from 7:45 to 8:20. Other times can be scheduled as needed.

* You must wear proper PE attire to receive any credit.
* You must participate for the entire 35 minutes.
* You cannot make up a “no credit”

# Academic Integrity Policy

The following is the Health and Physical Education Department policy on academic integrity. You are accountable for it.

Purpose statement: All students are expected to exhibit personal honesty in their work. Academic integrity allows each learner to be evaluated on his or her personal accomplishments and compete on an equal basis with all other students for their scholastic achievements.

Definition statement: Academic dishonesty includes, but is not limited to:

1. Cheating on a quiz, test or other assessment.
2. Copying an assignment or worksheet, or divulging information about a test.
3. Offering to another student the answers to an assignment, worksheets or test, whether

solicited or unsolicited, in written or verbal communications.

1. Theft of intellectual property, such as assignments, worksheets, tests, or answer keys.
2. Lying to a teacher about academic activities, or assessment scores.
3. Failing to indicate quotations taken from a source or failing to identify sources in writing (i.e., plagiarism).

Unless explicitly announced otherwise by the instructor, students are expected to work alone on all assignments.

Penalty: Students who act in an academically dishonest manner will receive no credit (a zero) for any and all assignments that were not their own intellectual work. Academic dishonesty may also result in additional consequences, such as failure of the course.

I have read and understand the expectations and grading policy for Tech physical education.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

student parent/ guardian