

Buford High School

HIGH SCHOOL COURSE SYLLABUS

COURSE TITLE **Personal Fitness** TERM **1st and 2nd Semester 2018/19**
 TEACHER **Durden, Cagle, Condon, Hall, Rogers** ROOM # **Gym**

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Teacher Web Page	http://bhsdurden.weebly.com/ / http://bhscagle.weebly.com/ / http://bhscondon.weebly.com/ http://bhshall.weebly.com/ / http://bhsrogers.weebly.com/

COURSE DESCRIPTION

Personal fitness is a required course for ninth grade students in the Buford City School System. The course will focus on the health related components of fitness: cardiovascular fitness, muscular strength and endurance, flexibility and body composition.

COURSE CURRICULUM CONTENT

The Georgia Performance Standards for this course can be accessed online at georgiastandards.org.

GEORGIA PERFORMANCE STANDARDS	UNITS/TOPICS
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<ol style="list-style-type: none"> 1. Cardiovascular Fitness 2. Muscular Fitness 3. Muscular Endurance 4. Flexibility 5. Body Composition

EVALUATION AND GRADING

Assignments	Grade Weights	Daily 4 Point Grading Scale
Participation and dressing out each day Benchmark fitness assessments	Participation/Dress Out (70%)(PD) Benchmarks (30%) NOTE: Assignments may be turned in one day after the announced due date but are worth only 70% of the grade earned.	4: Dressed Out/Full Participation 3: Dressed Out/Part Participation 2: Not Dressed Out/Full Participation 1: Dressed Out/No Participation 0: Not Dress Out/No Participation Student Receives Weekly P/D Grade

OTHER INFORMATION

Rules and Expectations for PE:	Dress Code for PE:
<ol style="list-style-type: none"> 1. Students are expected to be in the gym area by the time the bell rings. If student is late the student will receive a tardy. (Five minutes to be dressed and out of the locker room!) 2. Students are to show respect and act in a positive manner at all times. See Handbook Code of Conduct. 3. NO FOOD OR DRINK IS ALLOWED IN THE GYM OR LOCKER ROOM. 4. Students should leave any valuables in their school locker or at home. The PE Dept. will NOT be responsible for any lost or stolen items! 5. Book bags may not be brought to PE class. A drawstring bag may be used to transport clothes from school locker to gym. 6. Lockers are available, but students must provide their own pad lock for locker and lock MUST be taken with them after each class period. 	<ol style="list-style-type: none"> 1. Students will dress out in proper clothing. PE clothes may be shorts or sweat pants, t-shirts, running/tennis shoes and sweat shirts if desired. 2. NOT Allowed – tank tops, yoga pants, leggings, short running shorts, flip flops, sandals 3. Compression clothing may be worn under appropriate clothing if desired. 4. Clothing must meet school dress code in terms of proper length and fit with no inappropriate messages printed on any of the clothing. <p>Medical Information:</p> <ol style="list-style-type: none"> 1. All medical issues should be checked by school nurse. 2. If a student is sick, a note is required to excuse him/her from physical activity. The note should have the parent signature and contact phone number or e-mail. All notes should be taken to school nurse. An alternative assignment will be given. Excessive absences or extended illness/injury will require a doctor's note.

Honor Code:

All BHS students will strictly adhere to the BHS Honor Code which is posted on the BHS website. For any violation of the BHS Honor Code, students will receive a 0 and be referred to the administration.

Make-Up Work:

- All pre-assigned work will be due on the day of a student's return from an absence.
- For assignments which did not have a pre-assigned due date during the time of the student's absence, students will be given five days to arrange for make up work or follow other arrangements granted by the teacher.
- Assignments or tests that are not made up by the specified time receive a grade of zero (0).

UPON RETURNING TO SCHOOL, IT IS THE STUDENT'S RESPONSIBILITY TO MAKE ARRANGEMENTS WITHIN 5 DAYS TO MAKE UP WORK.

ALL POLICIES OUTLINED IN THE BCSS STUDENT CODE OF CONDUCT AND THE BHS STUDENT HANDBOOK WILL BE FOLLOWED IN THIS CLASSROOM.

TEACHER CONSEQUENCES FOR MINOR CLASSROOM DISRUPTIONS	
1 st	Penalty assigned at teacher's discretion – Parent Contact
2 nd	30 minute faculty detention and parent contact
3 rd	1 hour faculty detention and parent contact
4 th	Administrative Referral

I have read and understand the Personal Fitness course syllabus.

Student's Name: _____

Student's Signature: _____

Parent's Name: _____

Parent's E-Mail: _____

Parent's Contact Number: _____

Parent's Signature: _____