Foundations of Personal Fitness Syllabus

Course Description:

Students will be required to actively engage in a wide variety of physical activities that will stimulate both the body and mind. Students will acquire knowledge about the benefits of physical activity, health, and wellness. To become physically active while pursuing goals of fitness and increasing knowledge of lifetime activities. To become an independent decision-maker who can plan his/her own personal wellness program. Foundations’ is a required component of the general Physical Education curriculum at WHS. It is designed to give students at WHS the opportunity to examine the various aspects of physical fitness. The class will be divided into two segments: classroom (the study of the concepts/foundations) and lab (the practical assessment and application of the concepts/ foundations). Foundations reflect the general philosophy of the P.E. program at WHS and HISD.

Grading policy: 325 pts Classroom

1. Videos, Discussions, review sheets.

2. Each day student will be given the opportunity to earn 5 pts. 2.5 pts for classroom material and 2.5pts for participation.

3. Supplemental reading and writing assignments

4. Attendance and tardies

5. Test, quizzes, and six-week exams and Final comprehensive exams.

6. Final individual fitness plan.

175 pts Lab

1. Attendance, participation, suiting out, effort, and social development.

2. Each lab day is worth 5 pts. 2.5 pts for suiting out in required uniform and 2.5 pts for participating in lab to the best of their ability.

3. No lab credit is earned when there are deficiencies in participation. Not participating, lack of cooperation, sportsmanship, responsibilities, and honesty.

4. If you are tardy you will not be allowed to suit up.

Make up opportunities: Excused Absences ONLY. Make up are available before or after school, arrangements must be made with the instructor on an individual basis. It is the student’s responsibility to talk to the instructor to schedule make ups for missed days.
Class guidelines

1. All students must be fully dressed to participate

2. No electronics in gym (cell phones, ipods, mp3 players, game boys, etc)

3. Injuries: Injuries will be handled on an individual basis. Most injuries are of a minor nature and the student is back to participation in a short time. If an injury requires that a student is unable to do the basic class participation requirements for a period of more than two class periods, a doctor’s note is necessary. We need this to give us direction for the student’s limitations, as well as possible rehab exercises. Often, other exercises can be done in class when a student is working through an injury.

4. Failure: Students can fail P.E. by not participating in class and/or not dressing out. If a student register two no-suit or non participation days the student will be given one day of detention. At 7 no suits a student will be dropped from the class and receive no credit for the semester. The student will then be placed in a study hall.

5. Uniform: A mandatory dress out policy will be strictly enforced every class period and a grade will be given daily. Any student failing to dress out in the appropriate Westside PE Uniform will not receive points for the day. On cold weather days, students need to bring warm-ups to wear over their PE uniform as we will still be going outside.

6. The official uniform may be purchased for $20.00 from a member of the physical education staff. Clothing must be intact. No outside clothing will be allowed. NO JEWERY (watches, earrings, rings, or bracelets)

7. No pop, candy, or snacks are allowed in locker rooms or gym areas.

8. Each student must bring their own combination lock to place on the locker assigned to them (no sharing).