**Health and Personal Fitness Syllabus**

**Fall 2018**

**Instructor Information**

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| **Instructor** | **Email Blog** |
| Coach Ardeeser | [Johnpaul.ardeeser@cobbk12.org](mailto:Johnpaul.ardeeser@cobbk12.org) coachclaysblog.weebly.com |
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**General Information**

# Description

Welcome to the Physical Education Department of Sprayberry High School. This class is required for graduation. This year we will be combining Health and Personal Fitness into an 18 week semester long course. We will spend the first half of the day going over both health and personal fitness material. The second half of the day will generally be our exercise and physical activity time. The change to the course will also require you to dress out every day. The course will be divided into 9 units over 18 weeks where we will cover safety, prevention, mental health, aerobic cardiovascular exercise, drugs, tobacco, and abstinence.

# Expectations and Goals

During the health portion of the course it is expected each student exhibit maturity and respect at all times. Students will be given the opportunity to demonstrate their understanding with a variety of assignments. If a student has an **excused** absence during the health portion of the course, he/she is responsible for the work that is missed. All work and tests must be made up within 3 school days of the absence.

You will be expected to dress out every day. You are responsible for bringing your own lock if you wish to use the lockers. **DO NOT** share your locker with another student. Students who **do not** dress out will be required to participate anyway, or walk the entire class time. When dressing out you must comply with all Sprayberry High School dress code policies. Flip flops, bedroom shoes, boots, or open toed shoes are not acceptable. An **excused** absence must be made up by attending a morning make-up session. It is the responsibility of the student to schedule a time with Coach Ardeeser to make up any days missed. A parent note excuses you from participating but **NOT** from dressing out **OR** making up the missed day.Any Student bringing a Doctor’s note that says no physical activity will be assigned written work.

Students are expected to go to the restroom during class change or in the locker room when dressing out. In **EMERGENCIES ONLY** a student may ask to use the restroom. It is up to teacher discretion whether or not it is an appropriate time to leave the room. Excessive restroom use will result in a loss of restroom privileges.

**NO FOOD OR DRINK OTHER THAN WATER IS ALLOWED.**

**Class Rules**

# Habits of Highly Effective Teens

1. BE PROACTIVE
2. BEGIN WITH THE END IN MIND
3. PUT FIRST THINGS FIRST
4. THINK WIN-WIN
5. SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD
6. SYNERGIZE
7. SHARPEN THE SAW

**Topics Covered**

# Personal Fitness

* Fitness Goals and Planning
* Health and Skill Related Fitness
* Nutrition
* Lifetime Fitness

Personal Fitness Book: Foundations of Personal Fitness

# Health

* Goal Setting
* Mental Health
* Alcohol, Tobacco, and other Illicit Drugs
* CPR
* Abstinence Program with Jackie Brewton Health Book: Glencoe Health

**Grading Percentages are as follows:**

|  |  |  |  |
| --- | --- | --- | --- |
| HEALTH |  | PERSONAL FITNESS |  |
| Homework | 5% | Dress Out | 5% |
| Classwork | 15% | Classwork, quizzes, projects | 15% |
| Assessment | 70% | Participation and Assessment | 70% |
| Final | 10% | Final | 10% |

**Required Material**

Students should have a class folder or notebook where they can keep all of their class materials.

Pencil and Paper

**Please Sign and Return**

The signature below will verify that the syllabus has been reviewed by both student and parent/guardian and that both student and parent/guardian are aware of the classroom expectations. If you have any questions or concerns before signing, please feel free to email me.

Student’s Name: Signature: Date: .

Parent/Guardian Name(s): Signature: Date: .

Signature: Date: .

Parent E-mail Address: (Please Print Clearly) .

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Parent Best Contact Phone Number(s): .

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