

Fitness Course Syllabus

North Pointe Prep

Instructor Information

Coach Danny Norris

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Course Description:

The fitness class was designed to provide each student with the knowledge needed to understand the importance of strength, sports and overall fitness training. Students will understand the importance of setting goals for personal improvement and achievement, and will leave the class with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle.

Instructional Philosophy:

All students will be provided with the necessary training on each specific exercise or activity so that the exercise process can be safe and productive. Students are encouraged to remain positive with themselves, as well as with other students in order to maintain a good training atmosphere. It is important to realize that everyone begins this course, and progresses through this course at his or her own rate, as they reach their own individual goals. Safety is always given the first priority in this class.

Class Objectives:

- The student will improve their muscle strength and endurance through weight training exercises.
- The student will gain knowledge of equipment and safety procedures with free weights and machine weights.
- The student will recognize the benefits of regular physical activity and see firsthand the effects on themselves through class participation.
- The student will gain knowledge of developing a weight-training program and training principles
- The student will learn and understand different forms of physical activity including but not limited to: strength training, calisthenics, team sports, yoga, static and dynamic stretching, core strengthening, conditioning, etc.

Proper Dress Code:

- Students are required to dress appropriately for Fitness class each day. The school will provide a shirt and shorts and students are expected to wear them during class. Supplemental or replacement shirts and shorts may be purchased for \$10 each.
- Closed toed shoes are a requirement during this class period.
- Hats may be worn during class, however, they must be worn facing forward.
- No jewelry should be worn during class since it can pose a safety hazard.
- Jeans or other dress pants MAY NOT be worn underneath North Pointe issued fitness shorts.
- Leggings, yoga pants or other athletic apparel pants may be worn underneath North Pointe issued fitness shorts.
- Long sleeve shirts, sweatshirts or jackets may be worn during class, but must be worn underneath North Pointe issued fitness shirt.

Class Expectations:

- Students will be given five minutes to change before class and five before class ends.
- All students will remain in the weight room, field or gymnasium until they are dismissed.
- Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
- Directions must be followed the first time they are given.
- Obscene language, gestures, harassment or disrespect will not be tolerated.

Participations/Excuses:

- A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.

- Medical Excuses: Any student who must be out of Weight Training for an extended period of time for medical reasons is required to have an excuse from a doctor. This excuse needs to be descriptive letting me know what the student can and cannot do.
- Attendance: Students need to be in class to complete the required class work. All attendance policies outlined in the North Pointe Student Handbook will be followed. Being late for class and/or leaving early may lower a student's grade as they would not be able to participate in all activities.
- Dress Out Policy- To receive credit for this class, students must be fully dressed out each day (North Pointe issued shirt, North Pointe issued shorts AND close toed shoes). Failure to dress out 3 times for class will result in automatic In School Suspension (ISS).
- Participation points for this class cannot be made up during tutoring hours

Additional North Pointe Policies:

- Students who fail a semester core course are required to attend Academic Friday School from 12:15pm-3:30pm the following semester to make up the credit. Students who fail Academic Friday School are subject to disciplinary action.
- Once enrolled, North Pointe does not accept course credit from other high school or online institutions.

Grading Requirements:

20 points total can be earned each day.

- Dressed and Full Participation = 20 pts
- Dressed and Partial Participation (teacher discretion and will provide reasoning) = 10pts
- Not Dressed Out = 0 pts