

Coach Shaw

Fitness and Weight Training

Instructional Philosophy- My goal is to teach students a love for physical activity and raise their desire to be fit and active for the rest of their lives. Every student should be included and unashamed to participate in my class.

Course Description- Students will uphold the state and national standards for P.E.

- Fitness will focus on cardiovascular endurance, muscular endurance and flexibility.
- Weight training will focus on muscular strength, muscular endurance and technique.
- Safety and etiquette in the weight room will be of utmost importance at all times.

Class Objectives-

- Students will improve muscular strength & endurance through weight training exercises.
- Students will gain knowledge of safety & etiquette procedures with free weights.
- Students will recognize the benefits of physical activity.
- Students will gain knowledge of developing a weight-training program
- Students will learn and understand the five components of physical fitness.

Materials- Students will be required to dress out for physical activity every day in class.

Students are required to have their athletic shirt, shorts and closed toed shoes when in class.

They will get 5 minutes before and after class to dress out. Not dressing out does not mean that students get a free day to sit out and do nothing. Student will lose all 4 points for not being dressed properly and be given an alternative assignment to complete by the end of class.

Failure to dress out 3 times for class can result in automatic in ISS, OSS, detention, etc.

Grade scale-

- A = 90% - 100%, B = 80% - 89%, C = 70% - 79%, D = 60% - 69%, F = 59% or below

Students will start every class period with 4 points. Point structure is as follows:

- Participation is two points, uniform is one and behavior is one. 20 total points for the week for a 5-day schedule. 16 total points for a 4-day schedule.

Assessment- Students are assessed formally and informally on skills and knowledge throughout the year. Points will be determined by assignment.

SYLLABUS

Distance Learning- Please ensure that your student logs into their Google Classroom with the proper class code (LISTED BELOW).

- Classes are synchronous instruction so attendance is mandatory.
- Students will log in at the same time their class would normally start in-person.
- Please refer to bell schedule for log in times.
- Students must abide by the North Pointe student dress code while on video
- Attendance will be taken and reported within the first 5 minutes of class beginning.

Students logging in after that will be considered tardy.

Period 1 HS: 6aso6bb

Period 2 HS: 2gfeppi

Period 3 JH: 4r3gvkx

Period 5 HS: veyujvp

Period 6 JH: v3aystr

Period 7 HS: 2vh4qh4

Content that will be covered during our online period will be-

- Types of lifts
- Mechanics and techniques of lifts
- Muscle groups
- Benefits of types of lifts
- Health & Nutrition

SYLLABUS

Final exam- Final in this class is a fitness test. Students will take a pre-test at the beginning and end of the semester. It will involve completing as many push-ups and sit-ups in a one minute span along with a pull-up and hang. Students will pass final if they improve pre-test scores on all 3 categories at the end of the semester.

Injuries or doctor's note- Anything in regards to injuries must be brought to Coach Shaw's attention. Parent note is only good for 1 day, anything longer must be approved by 4A center and/or be a doctor's note. Points will be lost after 2nd day. Injuries during class will be cared for immediately. Students needing attention for injury will be determined on a case-by-case basis. Coach Shaw is not responsible for any injury reported after student has left my class.

Classroom Expectations-

- Be prepared to be active and give maximum effort while participating
- Do not use profanity in this class or use poor etiquette
- Be respectful to others & treat equipment with respect
- All other rules are consistent with the Student Handbook

Rules and consequences

- Rules
 - Freeze, look and listen (Eyes on me, mouths closed, equipment down on ground)
 - Respect me, classmates and equipment
- Consequences
 - Verbal warning (1st offense)
 - Sit out for remaining class time & loss of points (2nd offense)
 - Call or email home; possible referral (3rd offense)

Missed Assignments- It is the responsibility of the student to complete missed assignments or tests due to an excused absence (does not apply to classes missed due to school event):

1. Make-up work – A student has two days for each absence to complete missed assignments.
2. Make-up privileges shall not exceed one week without written administrator approval.
3. Missed test – Scheduled tests will be administered at the teacher's discretion, which may be during tutoring (this does not apply to semester exams).
4. Missed quiz – Pop or announced quizzes will be made up at the teacher's discretion.

SYLLABUS

Late work- Please turn in work on time. Percentage of grade for assignment will be lost when assignment is late. If there are circumstances that do not allow you to complete an assignment, we can discuss another option for the assignment.

Teacher materials that can be used- We will use music, videos and readings in our class. Below is a list of what will be used, please email me if you do not approve of your child hearing or seeing any of the listed material. All materials will be district approved.

- Pandora, Amazon music apps (no explicit content)
- YouTube clips (Sports and health related)

Open door policy- I do have an open door policy for all students. Students are free to come to me and talk about any concerns or problems they are having whether it be bullying, schoolwork, etc. As a teacher, my duty and responsibility is the welfare of your child.

Contact information- Please email me at jshaw@pointeschools.org if you or your parents/guardians have any questions or concerns. Thank you and I look forward to having an active and successful year with all of you!

Please sign, have your parent/guardian sign the acknowledgement below and return it to me.

I have read & understand the policies & procedures of this course. I am aware of the Fitness & Weights media selections listed within this syllabus that can used in this course. I am also aware that Coach Shaw has the right to change the syllabus at any time during the semester.

Student Signature

Date

Parent Signature

Date

Student name printed _____

Parent name printed _____