

# FITNESS FOR LIFE

## Coach Warner

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### WELCOME TO CLASS!!

**Fitness For Life Content and Objectives:** There is no text required for this class. Fitness for life is an individualized concepts based, one semester course designed to give students knowledge and skills necessary to self-assess, create, conduct, evaluate, and re-design personal fitness programs. Students will learn about the 5 components of fitness, nutrition, and movement while doing a wide variety of activities and sports. It is designed to help students understand the importance of (1) cardiovascular fitness, (2) muscular endurance, (3) strength, (4) flexibility, and (5) body composition.

**Supplies/Uniform:** You will NEED proper exercising clothes. 1. T-shirt: No buttons or pockets on the shirt and must be modest. No belly shirts or tank tops of any sort. T-shirts ONLY! 2. Shorts or sweats: Modest length. Spandex shorts are OK if worn under regular shorts. 3. Proper gym shoes: No sandals, boots, or open toe shoes! Also no bare feet!

\*You will be required to dress appropriately each day ready to workout. If you are not dressed appropriately you will receive zero credit for the day. Please be responsible and come to class prepared EVERYDAY so you are able to participate and receive credit.

### **Grading:**

Grade Breakdown:	94%-100% =A	74%-77% =C
Tests 20%	90%-93% =A-	70%-73% =C-
Assignments 10%	87%-89% =B+	67%-69% =D+
Participation/Attendance 70%	84%-86% =B	64%-66% =D
	80%-83% =B-	60%-63% =D-
	77%-79% =C+	Below 60% =F

**Assignments:** You will complete a few worksheets throughout the semester. Dress appropriately each day. Each component of fitness will be broken down into 3 week periods. During each 3 week period, we will discuss the component, do a pre-test, practice the skills to improve, and finally take a post-test to show improvement.

**Attendance/Participation:** It is important you understand that attendance and participation is REQUIRED in order to pass this class. The student will follow the SHS and Nebo School District attendance policy.

1. The student will be allowed only **ONE** "No Dress" day per term with no points lost. On the second or consecutive "no dress" days, the student will receive a 1/3 grade drop. (A to A-, B to B-, etc.) **"NO DRESS" DAYS CANNOT BE MADE UP!**
2. If you are not dressed appropriately you will receive zero points for the day.
3. Up to 4 absences can be made up. On the 5<sup>th</sup> or consecutive absence the student's grade will drop 1/3. 10 absences or a combination of 10 absences and "no dress" days will result in a failing grade for fitness for life.
4. Tardies will be attached to your attendance grade. A student is considered tardy after roll has been taken. Roll-call will be taken 8 minutes after the tardy bell.

### **Make-up for absences and/or tardies:**

Absences: Students need to do 60 minutes of activity outside of class to make up one absence. Students may do the activity at home or outside of class to make up the absence and bring a note explaining the activity, date of absence it is making up for, and signed by a parent/coach/advisor.

Tardies: Do the above make-up, 30 minutes will make up one tardy. Only 4 tardies may be made up this way.

\*Remember only 4 hours of make-up is allowed, this is tardies and absences combined. Use your 4 hours wisely.

**Class Rules: 1. BE on time      2. BE prepared      3. BE positive      4. BE respectful**

\*If you need to leave class-ASK!

\*Roll call will be taken 8 minutes after the tardy bell. I will excuse students 10 minutes before class ends.

**DO NOT GO INTO THE UPPER HALLS!** If a student does go into the upper halls the student will lose all points for the day and may not make up the lost points.

\*No Cell Phones! If I see a cell phone it will be taken away and you and a parent will need to pick it up from the office after school.

\*Keep the locker room clean! Pick up your trash, keep your locker clean, take your clothes home to be washed at the end of each week. Also, **make sure your stuff is locked up** and you don't leave anything out during class as it will most likely be stolen. **Locker rooms are high theft areas!**

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I look forward to teaching your child and hope that he/she will gain a greater knowledge of the subject matter and find success. If there are any questions or concerns that you would like to speak with me about, please feel free to contact me at your convenience. I greatly appreciate your support in these efforts of giving your child the greatest opportunity to succeed.

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**\*\*I have read the entire document and understand what is expected. If I have any questions or concerns I will contact Coach Warner immediately.**

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Student's Printed Name

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Student's Signature

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Parent/Guardian's Printed Name

\_\_\_\_\_  
Parent/Guardian's Signature

Parent/Guardian's email address \_\_\_\_\_

Concerns/Comments \_\_\_\_\_  
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