

## **FITNESS JOGGING DISCLOSURE STATEMENT**

Fitness jogging is a 1 semester course designed to help students understand the importance of cardiovascular fitness, muscular endurance, strength, flexibility, and body composition, while learning the fundamental skills of beginning jogging.

### UNIFORM

1. T-shirt: No buttons or pockets on the shirt, wear modest attire. No belly shirts or tank tops of any kind. T-shirts only! (T-shirt means sleeves, and lower than your shorts or sweats)
2. Shorts or sweats: No cuts off's of any kind. Spandex shorts are O.K. if worn under regular shorts.
3. Proper gym shoes: No sandals or open toe shoes! (The wearing of sandals will result in a no dress.)

\*If improperly dressed the student will take a no dress day and be asked to change into the proper attire.

### ATTENDANCE/PARTICIPATION/DRESS/INJURY OR ILLNESS

1. The student will be allowed only one no dress day per quarter. 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! IF A STUDENT IS NOT DRESSED THEY MAY NOT PARTICIPATE IN CLASS ACTIVITIES!**
2. Whether you dress or not if you don't work out you lose your participation points.
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 weight training.
4. Tardies will be attached to your attendance grade. A student is considered tardy five minutes after the tardy bell has rung and up to 10 minutes after the tardy bell.
5. If a student becomes injured or is ill the student will need to bring a parent or doctor's note explaining what the problem is and how long the student will be unable to participate. Students will still be required to dress and do what they can. For example if a student has an ankle injury, they can still do upper body lifts or activities, if a shoulder is injured a student can do lower body activities. If a student cannot participate at all, and will be unable to participate for 2 weeks or longer parent contact is needed.

\*\*In Fitness Jogging the student will follow the SHS and Nebo School District attendance policy.

\*\*Make-up for absences and tardies

Absences: Students need to do 60 minutes of activity to make up one absence. Students may do the activity at home or may come on collaboration day at 7:30am to make up the absence. If a student decides to come on collaboration day all they need to do is sign in and do their work-out. students may lift, or jog the track.

Tardy: 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.

**GRADING**

- 1. Attendance 20% of students grade
- 2. Dress points #2-10=80% of students grade
- 3. Laps per day  
( If a student walks instead of jogs total points available=8)
- 5. Pre-mile test
- 6. Pacer test
- 7. Midterm 4 mile test
- 8. Post-mile test
- 9. Post 4 mile test
- 10. Variety of worksheets

**GRADE BREAK DOWN**

100-95%=A	94-90%=A-	
89-87=B+	86-83=B	82-80=B-
79-77=C+	76-73=C	72-70=C-
69-67=D+	66-63=D	63-60=D-
59 > =		

**SPECIAL RULES**

- 1. If you need to leave class-ASK!
- 2. Roll call will be 5 minutes after the tardy bell. I will excuse students 15 minutes before class ends. **DO NOT GO INTO THE UPPER HALLS!** When finished dressing go to my room, I will ask for laps completed at the end of class
- 3. 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.
- 4. Keep the locker room clean, pick up your trash, keep your locker clean, and take your clothes home to be washed at the end of each week.

**Fitness Jogging Disclosure Statement 2008-09**

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I \_\_\_\_\_ understand the rules and regulations for this fitness jogging class.  
I understand that I am responsible for participation and attendance make-up.

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
parent signature

E-mail address (please print)\_\_\_\_\_