

Advanced Conditioning/ Run Fitness

Mrs. Samantha Smith
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Course Description: This is a fun yet challenging course where students and athletes will learn more about running and how to maintain life long fitness through setting goals and maintaining a training record. I am excited to work with each student to accomplish their individual goals in regards to running! ***Those that choose to take this course must be able to run for at least 4 miles.*** In this class we do many strenuous workouts where each student is pushed therefore, it is important that each student is in good health at the start of this class. If a student has any health questions or concerns please see me during the first week of class so we can make adaptations for you.

Materials: Notebook, Running shoes, workout clothes that are in accordance with Springville dress code.

Grade Breakdown:

Class Participation – 100 points

Journal Entries – 5 points each

Assignments – 10 points each

Time Trials – 25 points each

Journal entries, assignments, and time trials are worth 80% of grade, attendance is worth 20%

Class Participation- Because this class is a hands on class, and in order to meet the goals and objectives of the course, the student must actively participate in each workout. Each term a student has 2 no dress days (see info below) to use if they are sick or not prepared to run. On all other occasions, students are expected to complete each workout before class gets out. Again, these workouts are challenging, but designed to fit the specific needs of each student. If students do not complete the workout, they do not get the points for that specific day.

Attendance – Read the student handbook for the school’s attendance policies. Attendance is calculated through the DAF (district attendance formula). Coming to class late or not coming at all will cause a student’s grade to drop significantly. I do not handle attendance make-ups; this must be done through detention hours. Being here means dressed and ready to run, if you do not dress out and do not use a no dress pass then you do not get the points for that day.

Journal – Each day we will end class with a five minute journal assignment where the students will record their mileage and details about the day’s workout. These entries will be kept in their journal, which will be graded once each term based on completion. Each entry will be worth 5 points.

Assignments – There will be a variety of assignments throughout the semester. All assignments are expected to be complete and turned in on the day assigned by the teacher. Each assignment will be worth 10 points.

Time Trials – We will run 4 time trials throughout the semester, the first one is based on completion to give a baseline and the rest of them are based on improvement, meaning if you improve from your baseline, you get full points.

Grading Policy:

Grades will be determined on a total point basis with all point weighing equally. A breakdown of the grading scale is listed below

100-93 = A = D	85-83 = B	76-73 = C	66-63
92-90 = A- = D-	82-80 = B-	72-70 = C-	62-60
89-87 = B+ Below = F	79-77 = C+	69-67 = D+	59-

Late Work - Late work will not be accepted for this course seeing as everything is done in class there is no excuse not to get it done.

Make-up Work – When a student misses class for one reason or another, they can meet with me for the material that they missed and what assignments they need to make up after school on A days. There is no make –up for students who are not prepared to run.

Policies & Procedures:

All school and district rules apply and will be enforced.

- Show **respect** to yourself and others
- **NO Cell phones, iPods, video games, and all other electronic devices!**
****CELL PHONE POLICY IN ROOM G6****
1st offense: given back at the end of the **DAY**
2nd offense: given to the **ADMINISTRATION**
3rd offense: **CALL HOME** and *parent must come in to get cell phone back!*
- **NO HATS ARE ALLOWED IN THIS CLASSROOM! Don't even bring them in.**

Other Important Details:

No Running Clothes Pass – each term you will receive two no dress day passes where you don't have to dress out to run. Use these wisely, once they are gone there are no excuses for not coming prepared.

Behavior: The student is expected to adhere to the following standards:

1. Be on time and ready to work
2. Raise your hand and wait to be called on before speaking
3. Bring something to write with and paper each class period

4. Follow directions the first time they are given
5. No swearing or vulgar language
6. Respect others and their property, as well as the school and the teacher
7. Be responsible

I am really excited for this semester of learning and fun and look forward to getting to know and working with each student individually. If you have any questions or concerns you can email me at sam.smith@nebo.edu

-----Cut out below portion and turn in to your teacher-----

I have read the Fitness Jogging Disclosure document and will adhere to the standards and procedures as outlined in this document. I understand what is required of me and what will be covered in this course.

Parent/Guardian Signature:

Print:

Student Signature:

Print:

Print student Signature:

Class Period

Parent/Guardian Phone number:

Parent/Guardian email address:

Best time to contact if needed:

Best way to contact – Phone or email (circle best one)

Questions, Concerns, or Comments:

Management of Concussions & Head Injuries Policy

Parent Consent & Acknowledgement of

(Required by Utah Code Ann., 26-53-201)

I, _____, parent/legal guardian of _____,

hereby acknowledge that I have read, understand, & agree to abide by Nebo School District's Policy #JHG, Management of Concussions and Head Injuries, & give my consent to allow my student to participate in a "sporting event," which includes any game, practice, tryout, physical education class, sports camp, competition, & activity sponsored by Nebo School District or in connection with the Utah High School Activities Association (UHSAA) for the 2015-2016 school year.

Signature of Parent/Legal Guardian Date

Policy #JHG, Management of Concussions & Head Injuries can be accessed on Nebo School District's website

at www.nebo.edu. Go to the "Information" tab and then click on the "Policies" section.