

FRONTIER HIGH SCHOOL
PERSONAL FITNESS SYLLABUS

INSTRUCTORS:

Mrs. Hallford (1st Semester) – Commons/A207 robbinhallford@misdmail.org

Mrs. Castor (2nd Semester) – Commons/B226 mikkicastor@misdmail.org

COURSE DESCRIPTION:

The basic purpose of this course is to motivate students to achieve lifetime personal fitness with an emphasis on the health-related components of physical fitness. The concept of wellness, or striving to reach optimal levels of health, is the corner stone of this course and is exemplified by one of the course objectives: students designing their own personal fitness program as a way to develop the skills necessary to become fit and achieve some degree of fitness within the course. (Note: This course requires physical exertion equal to that of the regular physical education class. Students who have any doubt as to their physical condition should consult a physician before attempting this course.) <http://www.utexas.edu/ce/k16/cbe-ea/hs/personal-fitness> . We will provide a variety of workouts and a typical week may look like the following: Mon – circuit training, Tue – Yoga, Wed – Classroom, Thur – Cardio, Fri – Game day. This may change at the teacher’s discretion.

INSTRUCTOR’S/STUDENT’S ROLE:

The instructors will explain to each student how to take responsibility so they can achieve their goals but not to force them to take the requisite actions. The student must provide the motivation. This creates a reciprocal relationship between decision-making and action-taking on the part of the student. The more a student gets accustomed to making decisions and following through, the better equipped they will be to act similarly in future situations.

COMPONENTS OF A HEALTHY LIFESTYLE:

There are 4 areas of fitness: muscle endurance, strength, body composition, and flexibility. Partnering with the physical elements are the choices we make with food and mindfulness. We will be covering all aspects of a healthy lifestyle giving students the tools they need to make informed choices.

COURSE POLICIES:

- **CLASS PARTICIPATION** – Every student is required to participate each day. A doctor’s note will be the exception. Failure to participate will lead to a reduction in points for the day’s participation grade.
- **UNIFORM** – Students will wear a tee shirt, athletic shorts/sweats, appropriate support garments, and athletic shoes with closed toes. No flip-flops, slippers, sandals, heels, boots, etc. Students will remove jewelry prior to activity to prevent injury. More detail about clothing will be covered on the first day of school.
- **MATERIALS** – Composition notebook will be required. Yoga mats and blocks will be provided but if a student wants to bring their own, they may.
- **TARDIES** – It is very important to be on time to class. If you are late, you might miss an important part of the warm up, which could lead to injury during an activity. The school tardy policy will apply. Students will be expected to be in class, dressed and ready for workout 5 minutes after class has started.
- **ATTENDANCE** – This is a participation class. You must be here to participate and earn the participation points. See **GRADING** below for specifics
- **AC** – If a student gets placed in AC, that student will be required to write a one page report for each day they are in AC to receive credit. Topics will be provided. Proper formats for the report are expected.

- GRADING – Participation: 60%
 - 10 points can be earned per day
 - Doctor’s note: No deduction of points
 - Unexcused Absence: -10 points
 - Excused Absence: -2 points for up to 2 absences, after that -10
- Fitness/Skills Test: 40%
 - Test will be determined by the instructor. Can be physical, written or both.
 - 2 each six weeks.
- Final Exam: 20% of semester grade
 - Final exam will be determined by the instructor and will include the student designing their own personal fitness plan.

EXPECTATIONS:

- Fighting, shadow boxing, taunting, negative remarks, name calling, profanity, and disrespect will not be tolerated.
- Skipping class, leaving class without permission or before the bell rings will not be tolerated.
- No candy, food, or drinks will be allowed in the workout area. Water may be brought but must stay in the designated backpack area. Special cases will be determined by the teacher if food is needed.
- No backpacks, bags, purses, iPads, iPods, or phones will be allowed in the workout area. Music will be allowed at times designated by the instructors.
- Student handbook policies will be enforced.
- All fitness/yoga classes are subject to change and activities may vary according to the availability of space, equipment, weather, ability, and/or the discretion of the instructors.

THE INFORMATION BELOW IS IMPORTANT TO MAINTAINING GOOD COMMUNICATION.

**PLEASE COMPLETE ALL THE INFORMATION TO THE BEST OF YOUR ABILITY
THANK YOU FOR YOUR TIME**



PARENTS, read the information in this syllabus carefully. **Please follow the link <https://goo.gl/forms/mvoz11SwfsfB815b2> or scan the QR code to complete a GoogleDoc information sheet. I will reply to each submission. If you do not receive a reply, please e-mail me robbinhalford@misdmail.org**



STUDENTS, read the information in this letter carefully. **Please follow the link <https://goo.gl/forms/kSTQszYC1Z6llbJh1> or scan the QR code to complete a GoogleDoc information sheet.**

“Most people have no idea how good their body is designed to feel”

~Kevin Mark Trudeau