

# Personal Fitness 2019-2020

## **Course Information: (7300)**

**Department:** Physical Education  
**Length of Course:** One semester

**Grade Level(s):** 9th-12th  
**No. of Credits:** 0.5 PE SELECTIVE

## **Instructor Information:**

**Instructor:** Brynn Gunderson  
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**Phone:** 503.673.4942  
**Office Hours:** By appointment

## **Course Description:**

Personal Fitness is a course that is always different, always moving, always a good workout, and always fun. The format is a cardiovascular workout that includes various combinations of aerobics, yoga, Pilates, core conditioning, and cardio kickboxing techniques. The aerobic choreography alternates between low and high intensity, which is great for fat burning and cardio conditioning. Geared to all fitness levels. Personal Fitness provides instruction in methods to attain a healthy level of physical fitness in a variety of different ways. This course covers how to develop a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition and cardiovascular endurance. Including fitness principles that promotes self-awareness and responsibly for life long fitness.

**Course objectives:** Upon completion of this course, students will be able to:

- Understand the guidelines for safe, effective and purposeful exercise
- Discuss the training principles that are the foundation of a fitness program
- Understand the importance of adequate cardiovascular endurance in the maintenance of good health and well-being
- Understand the importance of adequate strength levels in the maintenance of good health and well-being
- Know the principles that govern muscular strength and muscular endurance development
- Know the factors that contribute to the development of muscular flexibility
- Recognize the role of lifetime exercise programs as the key to successful weight loss and/or maintenance of ideal body weight

**Prerequisite(s):** None

**Grading Criteria:** No student will fail this class if an honest effort is put forth, daily participation is completed, and your attendance is good. Participation (being actively engaged in a positive way) is the key to learning. Your grade will be determined based on a cumulative points system. In personal fitness, 5 points will be given based on daily attendance, positive participation, and dressing down. In addition to daily participation points, every two weeks, students will turn in their daily composition notebook for points.

**Daily Participation in PE:** Points will be given each day based on the following scale:

0 = Absent from class, no points awarded until made up.

1-2 = Present but is disruptive/unprepared-not dressed down/off task/inadequate participation

3-4 = Generally on task/engaged

5 = Positive interactions with others/self-directed/prepared for class/on time

<b><u>A</u></b>	90 - 100%	<b><u>B</u></b>	80 - 89%	<b><u>C</u></b>	70 - 79%
<b><u>D</u></b>	60 - 69%	<b><u>F</u></b>	50 and below		

<b>Bi-Weekly Composition Notebook</b>	20%
<b>Physical Education</b>	80%

**Dress Down Policy** – Dressing down is **mandatory**. Not dressing down will result in a point deduction earning you +3/5 points for the day that cannot be made up. Proper PE clothes consist of athletic shorts or pants, socks, appropriate athletic shoes, and an appropriate t-shirt.

**Locks and Lockers** – The school does NOT provide locks, so students must bring their own for the safety of their personal belongings. Students assume all risk for personal property kept in lockers.

**Class Policies:**

**Excused Absence:** If students know they will be missing a class, they should see me prior to their absence to gather class work that they will miss due to the absence (especially long term absences). This should be done outside of scheduled class time. Students will be given one school day for every day missed to make-up the work, and they are responsible for all class work missed on the day of their absence. In PE, students will not receive participation credit for an absence. You can make up 4 out of the 5 points through working out for one hour for each class period missed and bringing a signed note from home detailing your make-up. Physical Education is a **Participation Based Class** – students need to be present to earn a grade! Max amount of days allowed to be made up in PE is 10, unless you have a medical reasoning excusing you from a doctor. You will work along with the teacher to make up the points missed through an alternative assignment.

**Unexcused Absence:** No make-up work is allowed for work missed due to an unexcused absence! This includes; participation points and/or composition notebook daily points.

**Medical**

Students with long term illnesses or injuries must have a signed Doctor's note to be excused from PE activities. Students and parents are responsible for contacting me so that we can make arrangements for alternate assignments in order to get class credit.