



The purpose of this class is to expose you to different types of resistance training, warm up and cool down methods, goal setting techniques and some nutritional philosophies. In addition, this class will drive your understanding of these principles so that you may integrate these into your general fitness focus for life.

Attendance: Attendance is imperative. You must attend class to demonstrate your content knowledge. This includes how to perform the warm up, the movements in your workout, utilize your card, and follow all safety considerations. In addition, time in class is spent practicing and preparing the body for the days that we test the outcomes of our efforts.

Grading:

- Each class day, you will be given up to 10 points based on your demonstration of content knowledge. There are approximately 64 days per semester, equaling approximately 640 possible points.
- No-Dress (ND) days can not be recovered or made up. You get a zero for that day. **COME PREPARED TO CLASS.** If a student does not dress down in appropriate clothing, they may choose to participate for half credit or forfeit all 10 daily points by not participating.
- Tardies will result in a loss of 2 points from your daily total.

Grading criteria

A= 90% and up

B= 80 - 89%

C= 70 - 79%

D= 60 - 69%

F= 50 - 59%

Requirements for class:

- Physical education clothing every day (shorts/sweats, tee shirt, running shoes). You must be able to walk and run / perform physical activity.
- After you are instructed on how to enter your weights on your training card, you will be responsible for the maintenance of your paperwork and will be graded on this.
- Students may be excused for medical reasons **only if they provide a note from their parents/guardian to validate their medical issue.** All students who miss more than two days due to medical reasons must have a note from a doctor to excuse them from participating.
- Students may make up excused absences or medically excused days only. All make-ups must be done during one of the department's designated make-up times.

- **Cell phones or Ipods are not allowed during class time in the gym or weight room. Should a student have a phone out in either area during class, they will forfeit some or all of their 10 daily points. This is a safety issue.**
- With the exception of water in a sealable bottle, no food or drink is allowed in the gym or weight room during class time.
- For the safety of all, no language or behavior, which is vulgar, obscene, profane, abusive or dangerous, will be tolerated. Inappropriate comments or language will result in a loss of some or all of the 10 daily points.
- Continual meetings with Mr. Finck regarding goals that you have set, form and technique, and helpful hints are required and will be handled on an individual basis.
- Each student is expected to come prepared for class. Show up for class on time, with items necessary for activity. Revealing, restrictive, indecent or unsafe clothing will not be allowed.
- Role will be taken five minutes after designated time for class to begin. This will allow you 4 minutes to come from your previous class and another 5 minutes to dress and report to the weight room.
- Long lockers are to be used to store your school clothes during class, not your PE clothes during other hours of the day.
- We will provide a locker for you to store shorts, shirt, sweats, socks and athletic shoes. Keep your lockers locked! Large sums of money and other valuables should not be left in the locker room. The school is not responsible for any lost or stolen items in the locker room and weight room. **Bring a lock to secure your PE clothes in your locker.**
- Students are encouraged to shower after PE class. Please bring your own towel.
- Students will stay in the WEIGHT ROOM until dismissed.
- Report any injuries to the instructor immediately.
- Damage to any PE equipment will result in a possible forfeiture of daily points and the financial reimbursement for the piece of equipment.
- **Athletes are expected to dress down and participate in class activities on game days.**

Please sign below.

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____

Print Name: _____