



# Southern Lehigh School District

High School Syllabus

---

## Personal Fitness

2014-2015

### Course Description:

This course is designed to assess and improve the individual physical condition of students. Students will have the opportunity to personally measure and monitor their weight, body composition, heart rate, and overall fitness condition. Every student will identify his/her own personal training goal and have an allotted time frame to achieve and measure the proposed goals. This program is structured so all students will have the opportunity to learn and apply newly learned concepts of developing fitness programs, various ways to train, and goal setting techniques.

### Course Content:

Assessing fitness: Measuring weight, body composition, heart rate, VO2 max, and personal fitness progress.

Goal setting and goal setting philosophies

Introduction to the stabilization phase: Learning appropriate exercises to improve muscular movement, balance, and core stability.

Introduction to the strength phase: Learning appropriate exercises to build muscular strength and reach the hypertrophy phase.

Introduction to the power phase: Learning appropriate exercise to obtain power and reactive power.

Introduction to exercise methods: Plyometrics, yoga, sport specific training, speed and agility training, medicine ball workouts, stability ball workouts, etc.

### Required Textbooks and/or Other Reading/Research Materials

None

### Course Requirements:

#### Attire:

T-Shirt that is school appropriate

No buttons, zippers, snaps, cutoff sleeves, or tank tops.

Shorts/ sweatpants that are school appropriate.

Appropriate length, no buttons, zippers, and snaps.

#### Jewelry:

Jewelry of any kind is not permitted during PE class.

**Doctor Excuses:**

Doctors must state SPECIFIC limitations on activity along with a TIME FRAME of limitations.

If no activity is permitted, students will be given an alternative assignment.

**Class Make-ups:**

Students may make up classes if they go beyond the four excused absences allowed for a quarter, or if they did not come prepared for class.

Make-ups must be completed within five school days of the fifth absence or an unexcused class.

Students are only allowed to make up 3 unexcused absences. Four unexcused absences result in failure for the quarter.

**Grade Components/Assessments:**

The grading component is separated into 4 categories:

Physical Fitness Testing 15%

This consists of 5 fitness tests including:

- Beep Test (Cardiovascular Endurance)
- Shuttle Run (Agility)
- Sit and Reach (Flexibility)
- Sit Ups (Muscular Endurance & Strength)
- Push Ups (Muscular Endurance and Strength)

Knowledge /Goal Setting, Individual Progress and Blogs 15%

Students will be evaluated by written tests, individual program design, and goal setting logs. In addition, individual progress and achievement will be measured through goal sheets, observation, and a variety of fitness assessments. Students are responsible for making up any missed tests or work on EXCUSED absences only.

Preparation & Participation 70%

Students must pass this section in order to pass for the marking period. No make-ups are required for the first 4 excused absences. After the fourth absence, students are required to make up classes to receive credit for the day.

Letter grade deductions apply for the following:

- Not making up required classes
- Unprepared for class
- Unexcused absences

Each marking period is worth 20% of a student's overall grade. The final is worth 20% of a student's overall average:

Quarter 1	40%
Quarter 2	40%
<b>Final</b>	<b>10%</b>

**Required Summer Reading/Assignments:**

None