

**Personal Fitness
Course Syllabus
Coach Knight**

- I. Class Description-** Personal Fitness is designed to help students learn and create habits that will be beneficial in maintaining a healthy lifestyle. Students will improve their fitness level through physical activities designed to increase cardiovascular endurance, strength, flexibility, and agility.
- II. Grading—**A. **DRESS OUT/PARTICIPATION 65%** Students will be required to dress out and participate in all class activities every day. Each student begins with 100 points on their daily grade. Four points will be deducted for each dress cut or for lack of participation.
- B. **FITNESS TESTING 15%** Students will have to complete all 5 parts of the Presidents Physical fitness test at the start of the 9 weeks and at the mid point of the 9 weeks.
- C. **FINAL EXAM 15%** The final exam will be completion Of the Presidential Physical Fitness Post-Test.
- III. Dress Code---** Students will be required to provide their own clothes to dress out in. P.E. dress should consist of either shorts, sweat pants or warm up pants; t-shirts or sweatshirts and tennis shoes. All clothing should meet the dress code as outlined in the student handbook.
- IV. Lockers—**Students will be assigned a locker and be given a lock to secure clothing and valuables. If the lock is lost he or she will be required to pay for the lost lock. All students are urged to lock their clothes and valuables in their locker in order to prevent theft.
- V. Procedures---** Students will have 5 minutes after the tardy bell to be dressed out, in the assigned area and ready for class. At the end of the period students will be given 10 minutes to change back into school clothes and get ready for their next class. Students may not leave the gym for any reason during or after class, until the bell rings, unless permission is given by the teacher.
- VI. Behavior--** I expect each of you to conform to the student behavior code. If I have any problems I will handle them on a case by case basis. If you come to class on time, dress out and try your best every day, this will be a fun class and you will not have any problems.