

**SYLLABUS
Lifetime Fitness
2017-2018**

**INSTRUCTOR INFORMATION:**

Mr. Weakley

B.A Science, Physical Education

michael.weakley@asu.edu (480)-727-xxxx

http://mweakleyasuprep.weebly.com

**COURSE DESCRIPTION:**
This course is designed for students to understand the need for maintaining a leading a life of long-term fitness. We will be building on the fitness knowledge and concepts learned Health, Wellness and Fitness. Students will be presented with current research related to fitness in order to meet the objectives.

**ASSESSMENT STANDARDS & OBJECTIVES:**
The student must demonstrate mastery of these objectives. These objectives will be visible in the student’s Power School grade book.

|  |  |
| --- | --- |
| 1 |  Identify physical and psychological changes that result from participation in a variety of physical activities. |

 2 Explain the benefits of physical fitness to good health and increased active lifestyle.

|  |  |
| --- | --- |
|  3 | 2.6 Identify the major behaviors that contribute to wellness (exercise, nutrition, hygiene, rest, and recreation, refraining from using tobacco, alcohol, and other substances). |

**CLASSROOM POLICIES:**
\* Be prepared to work - Be in class and ready to work at the official start time for the class. Come to class with all necessary materials for success. Take responsibility for your own learning.

\* Proper Attire- Students will be required to wear a specific uniform during HWF. Students will wear a gold t-shirt or their maroon polo, black or dark blue basketball shorts, and athletic sneakers. This is for students’ safety on the college campus and makes then identifiable to faculty and staff. No tank tops or cut offs. They will not be permitted in class.
\* Be appropriate - Any conduct, which is harmful, obstructive, disruptive, or interferes with the educational process is prohibited. You are expected to respect the educational environment. All Arizona State University Preparatory policies will be strictly adhered to and enforced in this classroom, including but not limited to the use of electronic devices, dress code, and academic dishonesty.
\* Be attentive - You are responsible for attaining information given. You are also expected to be present and engaged from the beginning of class to the end. Offer ideas, participate in discussions and group activities, and complete your own work.
\* Be positive - Enjoy the opportunity to learn and respectfully listen to ideas and opinions that may differ from your own opinions. Put forth your best effort with every endeavor.

**ABSENCE/LATE WORK:**

Student Attendance

1st Violation

* 5 tardies in 1 class = 1 absence
* Consequence = Lunch Detention

Further Violation

* Lunch Detention + Community Service

\* It is the student’s responsibility to keep track of his/her absences and make-up work. In the event that you are absent, visit the teachers’ Weebly Webpage where you will find the course’s online plan book. You can link directly to the teachers’ pages from your child’s Weebly web page.
\* If you miss a test/quiz/essay, you will need to schedule a time during learning lab to make-up the work. If you need clarification about a missed assignment, please schedule time with me during learning lab or before/after school.  Effort assignments are not accepted past the due date.  Assessments to demonstrate mastery will be accepted after the due date with penalty as outlined below.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Effort Homework | Academic Assignments | Assessments |
| When due | In class on the due date (at the beginning of class unless otherwise stated) | In class on the due date (at the beginning of class unless otherwise stated) | In class on the assigned date |
| Retake/Redo | * Effort questions may not be redone
* Academic problems may be retaken within 5 school days from grade post, unless otherwise stated by the teacher. Only one redo per quarter. 96% max score on redo
 | * In order to be eligible for a redo, students must have turned in a *full attempt\**
* Only one redo allowed per quarter.
* 96% max score on redo
* Redo must be completed within 5 school days from grade post unless otherwise stated by the teacher
 | * Requirements: all HW/practice/classwork must be completed and you must have attended tutoring sessions with the teacher to be eligible for a retake.
* Only one retake allowed for each test
* 96% max score on retake
* Retake must be completed within 5 days from the grade post
 |
| Late | Effort assignments will not be accepted late unless otherwise stated by the teacher | Late assignments will be accepted up to 5 school days after the due date for 5% reduction each day, with a max reduction of 20% | Sick/documented excused absences: complete within the amount of time absent plus one day (1 day absent = 2 days to complete work, 3 days absent = 4 days to complete work)For planned absences, assessments must be taken prior to absence. |

\*A *full attempt* means that every question has been attempted with meaning (teacher’s discretion) and turned in on the intended due date

\*\*If you need more time for an assignment, come and talk to me, and we can discuss any questions you may have.

**PLAGIARISM:**
It is the responsibility of the student to not deceive the instructor in any way in regard to the authorship of the work that he/she presents as his/her own. Consequences for plagiarism will be in accordance with the Arizona State University Preparatory student code of conduct. Plagiarism will be reported to the administration.

**CLASSROOM PROCEDURES:**
\* No food, drink, gum, or candy in class.  Closed water bottles only!
\* Be prepared to write every day.

\* No cell phones in class. Must be in a backpack or purse
\* Remain in assigned seat unless directed otherwise.
\* Pencil sharpening, throwing away papers, etc. will take place prior to the start of class.
\* Once you have entered the classroom, you are in “learning mode” and will begin completing
 the daily seatwork.
\* Socializing/horseplay will not take place within the classroom.
\* With a limited number of minutes in the class and many objectives, we must work diligently at all times.
\* Passes from class will be limited. Students need to be in class at all times in order to effectively
 participate.
\* In an effort to “go green,” students will be required to participate in online discussions and submit formal
 essays and typed assignments. Assignments will be graded electronically and returned to the student
 online.

**GRADING INFORMATION:**
Students enrolled at ASU Preparatory Academy will receive two letter grades in each of their courses. One of the letter grades is an **academic grade** that demonstrates if the student mastered the course objectives. The second grade is an **effort grade** that could reflect attendance, participation, discussions, or completion of practice assignments. Both of the letter grades will adhere to the following grading scale, but only the **academic grade** will be reflected on the student’s final transcript and included in the grade point average.
A\* Exceeds Plus 97 – 100
A Exceeds 90 – 96
B Meets 80 – 89
C Approaches 70 – 79
D Approaches 60 – 69
F Falls Far Below 50 – 59

**MATERIALS: The following items are suggested for this class:**

* Proper Phys. Ed attire- (Shorts/ Sweat pants, t-shirt or sweatshirt, sneakers/tennis shoe)
* Folder
* Notebook
* Pen/ Pencil
* Water bottle
* Hand towels
* When outside students may bring a hat or a pair of sunglasses

**COURSE SCHEDULE (Subject to Change)**

* Unit 1 – Health Related Fitness
* Unit 2- Skill Related Fitness
* Unit 3- Nutrition
* Unit 4- Workout Design
* Unit 5- Drugs & Alcohol
* Unit 6- Alternative Fitness

**SYLLABUS ACKNOWLEDGEMENT:
Please complete the syllabus signature page with the appropriate signatures acknowledging receipt of this syllabus at: http://mweakleyasuprep.weebly.com**

**Thank you,**Mr. Weakley