

Fitness 2020		COURSE LENGTH: One semester 5 days/week
Location	Gym-Track-Fitness Center	
Instructor	Mr. Geoffrey Sanner	
Planning Period	2 <sup>nd</sup> Period (8:47-9:31) Phone: (724) 662 -5104	Parent Teacher Conferences may be scheduled before school from 7:30 to 8:00 or during the planning period.
Email	<a href="mailto:gsanner@mercerc.k12.pa.us">gsanner@mercerc.k12.pa.us</a>	
Class Website	N/A	
Prerequisites	PE 9-10	
Description	<p>Fitness is a semester elective PE course intended for those students who desire to maintain, improve or enhance their levels of physical fitness. Fitness can be taken both semesters and is designed for those students who are able to and/or desire to have a higher level of physical fitness added to their daily routine throughout the year. This class is for the type of student who enjoys exercising and moving at a higher rate of intensity in the various areas of physical fitness. <b>All of the above activities will only be done if we are able to properly socially distance. If not, we will do things in class that can make it so the students can properly socially distance.</b></p>	
Texts Used	None	
Homework Policy and Philosophy	<p>No homework will be assigned in this class. All work is carried out during class time. Excessive absences will require make-up time or will result in being removed from the class.</p>	
Grading	<p><b><u>Each class period is worth 10 points.</u></b></p> <p><b>10pts</b> = dressed in P.E. uniform, participating to best of ability, showing sportsmanship, and cooperation with classmates, following classroom rules.</p> <p><b>8pts</b> = has on part of their uniform, participating to best of their ability, showing sportsmanship, and cooperation with classmates. Or dressed in uniform but is not working the entire time, sometimes takes breaks or goofing around.</p>	<p><b><u>6pts</u></b> = not dressed in uniform but still participates to the best of their ability. Or dressed in uniform but broke a class rule on rules contract.</p> <p><b><u>4pts</u></b> = not dressed in uniform but still participates and breaks two class rules on rules contract.</p> <p><b><u>0pts</u></b> = dress cut and chooses to</p>

62.5 D 59.5 D- Below F	Heart Rate Monitors	not participate at all.
	On days that heart rate monitors are used a 25pt grading scale will be implemented. Students will gain points for exercising in their target heart rate zone at a rate of 1 point per minute. Bonus pts can be achieved for every minute over 25 minutes.	When a student is in jeopardy of failing, a progress report will be sent home. This will occur during the 3rd and 6th weeks in junior high block classes, and any time after the 4th week in other classes.

Classroom Rules	<p>1. Students are not permitted to leave class except in an emergency. Restroom needs should be taken care of before class begins.</p> <p>2. Students are not permitted to do the following:</p> <p style="padding-left: 40px;">Chew gum or candy during class.</p> <p style="padding-left: 40px;">Wear jewelry of any kind.</p> <p style="padding-left: 40px;">Wear cut-off shirts or shorts.</p> <p style="padding-left: 40px;">T-shirts with unacceptable logos.</p> <p style="padding-left: 40px;">No hats inside or outside during class.</p> <p style="padding-left: 40px;">Use cell phone in locker-room.</p> <p>3. Students have been given a copy of the rules for the gymnasium and have completed a contract and turned in to instructor. All students have been made well aware of the rules of the gym and expected to follow them.</p> <p>4. Any infraction of the above rules will result in a verbal warning for the first offense. Additional offenses will result in participation grade effected and possible referral to the office.</p>	<p><b>Make-Up Work</b></p> <p>"Students on a pre-approved trip of more than one day will be expected to makeup any work minimally on the second full day upon the student's return up to a maximum of five days. Students are required to get all missed work prior to pre-approved absence.</p> <p>For one day or one period - school related absence (athletics/academic games, etc) - it is the student's responsibility to make up the work upon their return to the classroom. It is recommended that they see the teacher ahead of time to determine what they will miss while they are gone."</p>
		<p><b>Late to Class</b></p> <p>"A student who is late to class will be given a verbal warning on the first offense. Additional offenses will result in a discipline referral to the office."</p>

### OUTLINE OF MATERIAL COVERED IN THIS CLASS

# Days	Material Covered During Time Period	Notes
1-3x/wk	Strength Training	In fitness center
1-3x/wk	Cardiovascular Conditioning	Running on track, in park or in gym; utilizing cardio machines in fitness center.
1-2x/wk	Team Sports	Numerous team-related sports in gym/outside

2-3x/sem	Physical Testing	Presidential Physical Fitness + other tests.
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