

Students Signature _____

Parents Signature _____

BODY CONDITIONING

OPEN DISCLOSURE

TEACHERS: Brody Benson, Tom Kingsford

COURSE TITLE: Body Conditioning/Weight Training

COURSE DESCRIPTION: This course will focus on fitness through Aerobic and Anaerobic Activity. The course will center around Running, Flexibility and Resistance Training.

COURSE OBJECTIVES: Students will demonstrate improvement in the following areas:

Strength, Muscular Endurance, Cardio-Vascular Fitness, and Agility.

Students will demonstrate RESPECT for other students and their efforts.

Students will demonstrate knowledge of fitness terminology.

Students will be able to design their own workout programs based on sound and safe principles and personal goals.

TIMELINES FOR OBJECTIVES: Students will meet the objectives dealing with Knowledge by the conclusion of each quarter. Objectives dealing with attitudes should be demonstrated throughout the semester.

LEARNING ACTIVITIES: Instructor demonstrations and explanations.

Participation in daily workouts.

Performance Assessment with a goal of 10% Improvement.

Knowledge Assessment.

Student mentoring and cooperative learning.

PERFORMANCE EXPECTATIONS: Students are expected to dress for class in appropriate attire other than their school clothes.

Students will give their best effort always.

Students will be on time always.

Students will respect others and their feelings.

SPECIAL RULES AND REGULATIONS: Students who are not dressed properly will not be allowed to participate. Unexcused non-dressers will not be allowed make-up privileges.

Excused absences can be made up within 5 days unless illness or injury make it impossible to meet this deadline.

Appropriate dress includes a T-shirt, shorts or sweats, socks, and non-marking tennis type shoes. Dress must fall within the school and district dress codes.

Second roll will be taken after the 10-minute bell rings and students have changed. Students who miss second roll will be marked as an unexcused absence.

Students who are not participating will be given an area to sit in and may not leave that area without teacher permission. Students who do leave will be marked with an unexcused absence.

All Highland athletes on game days are expected to dress for class, but participation will not be such as to be detrimental to their athletic performance. Travel to an athletic event may be an exception.

GRADING:

RATIONALE: Grading in Body Conditioning is based on both student participation and performance on fitness tests. Participation will comprise 80% of the grade and Performance will make up 20%. The emphasis on participation is to encourage the less skilled or experienced student to make an effort in the various activities with a goal of improvement. Students are expected to meet minimum levels of fitness and show improvement throughout the semester.

PARTICIPATION: This consists of being in class daily, being on time and dressed properly, showing good effort in class activities. Getting absences excused and never leaving the class area without permission is an unexcused absence.

PARTICIPATION POINTS: The student will have a chance to earn 5 points every day for being dressed and on time for class. An additional 5 points can be earned for great effort in class for a total of 10 points for the day. Students will lose all 10 points for the day they did not dress. 5 points is deducted for a tardy.

ELECTRONIC DEVICES: Board Policy S-11 states "Devices must remain out of sight during instructional time AND be turned off or on silent mode." Students will have the option of securing their own device or items will be collected and locked up for convenience & safety. If the student chooses to use electronic devices/phones during class, the student will forfeit their TOTAL DAILY points.

GRADING SCALE

A 93-100%	B- 80-82%	D+ 67-69%
A- 90-92%	C+ 77-79%	D 63-66%
B+ 87-89%	C 73-76%	D- 60-62%
B 83-86%	C- 70-72%	F Below 60%