**COURSE CODE: Advanced Fitness**

Instructor: Peggy Ramsey 1st Trimester-2017

Email: mramsey@msd134.org Monday-Friday

Phone: (208) 585-3251 Credit hours: 1 Trimester Credit

**COURSE DESCRIPTION: This class will introduce elements of Fitness and Health. We will focus on cardiovascular endurance and strength, muscular strength and endurance, agility and flexibility.**

**PREREQUISITES/COREQUISITES:** None

**OBJECTIVES:** As a result of this course, you will be able to:

* To provide a wide variety of activities that will allow students to gain in all aspects of their fitness. Students will be able to track their growth through various fitness tests given during the school year. This class is unique in that there will be a Health component incorporated into various lessons.

**INFORMATIONAL RESOURCES**:

Google classroom will be your go to place for handouts and resources from class.

**ATTENDANCE AND PUNCTUALITY:**  If a student is absent please contact the office to let us know.

Students who arrive at school after the first tardy bell should report to the main office to sign in.

Students are allowed nine (9) absences per class period during the semester.

Students who receive ten (10) absences in any class will lose credit unless cleared by the attendance office as extraordinary within five (5) days of the absence. Verbal communication must come from a parent/guardian within 48hours of the absence to prevent truancy

The following absences count against a student’s total of nine (9) absences: In-School Suspension (I), Out of School Suspension (O), Truancy (R), Unverified (A), Verified (E), Unexcused (U)

MAKE-UP WORK

After an absence, it is the student’s responsibility to communicate with the teacher for make-up work.

TARDIES

Students are considered tardy if not in their assigned classrooms when the tardy bell rings. Tardies accrue on a semester basis. The tardy policy incorporates the following:

 First Tardy -- Teacher warns student

Second Tardy -- Teacher warns student

Third Tardy -- Student assigned to designated detention

Fourth Tardy -- Student assigned after school detention.

Additional Tardies - Saturday School (9:00am-12:00pm) \*\*

**COMMUNICATION:** If you have a question you can reach me by phone, email, and even google classroom. I will try and respond within 24 hours.

Skyward is where you will find the grades for students. (\*Note: you can set Skyward up to email you progress reports and missing assignments so you don’t have to go into Skyward to find out how you are doing

Progress reports will be emailed to parents on a regular basis. I will try to have all grades updated and in the gradebook no later than midnight on Sundays. I will also meet with students one-on-one, on a regular basis to discuss how they are doing in class.

**CELL PHONES, COMPUTERS, AND OTHER ELECTRONIC DEVICES:** Cell phones and other electronic devices are not allowed in the gym or locker room. Students may lock their phones in their lockers but at **NO**  time Unless previous arrangements are made should students be using their phone/electronic devices in the gym or locker room.

Please note that misuse of this privilege will result in a verbal warning the first time, loss of phone for the class period the 2nd time and if a 3rd time should occur parents will be notified. A 4th violation will result in the cell phone not being allowed in the classroom or student must turn it in upon walking into the room. We do not allow texting during class and POKEMON GO is an absolute no during class time.

**FOOD AND DRINK**: No food or drink will be allowed in the gym or locker room at any time. Water is the exception.

**Gum:** We have a NO gum policy in the gym. Gum is very difficult to remove from the gym floor and is a potential choking hazard for your student.

**GRADING:**  10% of the final grade is from the EOC. These will be converted to letter grades as follows:

90-100% = A 80-89% = B 70 -79% = C 60-69% = D < 59% = F

**Illness or Injury:** In cases of injury or illness a student will be excused for a maximum of 3 days with a parent’s written note. Additional days will need to be excused by a Physician.