LEE COUNTY HIGH SCHOOL
Body Sculpting or Advanced Body Sculpting
Course Syllabus

Room # Room 202/Gym/Old Weight Room

Google Class Code: nlv3r2y7
https://classroom.google.com/c/Nzg0MjM2ODY0ODQ4?cjc=nlv3r2y7

Semester: 1st & 2nd

Special Materials/Needed: Shorts, sweatpants, tights, t-shirt, tank tops, tennis shoes and socks

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Course Description: Body sculpting is a course designed to improve the physical and mental development of the student as well as to help prevent injury while increasing muscle mass and defining the body. Students participate in strength training, flexibility training and cardiovascular development.

Course Outline and Content:

- **Step Aerobics**
- **Weight Training**
- **Cardio Training**
- **Speed Training**
- **Core Development**

Classroom Rules and Discipline Procedures:

1. When the **bell rings**, the students **have to be in the gym/locker room/or in the hallway of the gym. Anywhere else** is considered **tardy**. **Please see the tardy policy per LC handbook.** If they do not serve within the week, it results in a referral.
2. Students are required to dress out every day. Students receive 100 points per week. However, if a student doesn't dress (-12.5 points) and doesn't participate (-12.5 points) that is 100-25=75 for the week; class only meets 4 times weekly. ***You CAN make up missed workouts.***
3. Dressing out includes t-shirt, shorts, leggings, or comfortable workout gear.
4. You may not wear cutoffs, boxer shorts, cutoff shirts, only socks, crocs.
5. All personal business, bathroom, phone calls, etc…, should be taken care of before or after class. You will be given 6 minutes to dress before class and 8-10 minutes to dress after class. Leave your phone in your locker OR it is put in a specific place when class starts.
6. You will be given a fitness test at the beginning and the end of the semester.
7. You will be assigned a locker for your physical education clothes. VALUABLES MUST BE LOCKED IN A LOCKER OR LEFT AT HOME. LCHS and its employees are not responsible for lost or stolen property (money, cell phones, I-pods, etc….)
8. **NO TECHNOLOGY (Phones/ Earbuds) VISIBLE DURING CLASS UNLESS INSTRUCTED BY THE COACH!**
9. There will be no tolerance for damage to physical education material, fighting, nor abusive language.
10. Doctors' excuses are the **ONLY** notes accepted and will be followed up by the coach. If a student is in the care of a doctor, the doctor needs to provide specific activities that

cannot be done in class. ***Parent notes are not accepted.*** A student will lose points if a doctors' excuse is not provided and the student doesn't participate. The coach may provide the student with a specific activity to complete until a doctors' excuse can be provided so the student is not penalized.

11. Students who are absent, don't dress, or don't participate in the class activity DO NOT receive full credit. A student receives 100 points per week (4 days = 100%). The student is not participating in the class activity so they will not receive full credit for not participating along with all the other students. Students participating in a sport will not lose points if they are NI; extracurricular activities that are not sports related must complete alternative assignment and send to google classroom by the end of the week. However, communication with the coach is necessary for specific instructions.
12. If a student has a medical excuse and cannot participate in any physical activity for more than a week; the student will not receive a grade. The only other arrangement would be for the student to be moved out of Body Sculpting.
13. Final Exam procedures will be discussed prior

Make-up Policies: Any activity that needs to be completed will be communicated to the student and the student will need to complete in a timely manner. If a student chooses to make up a missed class activity to receive full credit this will be accepted. Arrangements will need to be made with the coach.
Assignments will be posted on google classroom to make-up for a workout that is missed. Complete, video, and submit in google classroom by the end of the 4/5 day week.

Grading System:
Skill Based Participation 80%
Dress 10%
Fitness Test 10%

Grading Criteria
Students will earn a grade based on the following.

- *Workouts*
- *Changing into appropriate attire for workouts*
- *Progress of Fitness Levels (Pre-Fitness Gram/Post), which measures cardiovascular fitness, muscular strength, muscular endurance.*