

LPF Syllabus

WEST ANCHORAGE HIGH SCHOOL

PHYSICAL EDUCATION SYLLABUS

Welcome to an exciting semester of Physical Education.

COURSE DESCRIPTION-

This course is designed to provide you with an over view of **Lifetime Personal Fitness**. You will be introduced to the six components of fitness, different types of aerobic/anaerobic exercises, reflections on own health and performance, proper nutrition, flexibility, muscular strength and endurance and many more topics. Material will be presented in many different ways as well as having hands on opportunities to practice and perfect your skills at any level.

COURSE OBJECTIVES-

At the end of this course, students will be able to:

Six components of fitness-

- ~Identify the six components of fitness
- ~Spell the components correctly
- ~Know the definition of each component
- ~Know how to improve each component
- ~Know how to measure each component

Types of Aerobic/Anaerobic exercises-

- ~execute basic Tae-bo exercises
- ~run for 15 minutes without stopping
- ~execute basic step aerobic exercises
- ~execute basic kick-boxing exercises
- ~execute basic dance aerobic exercises

Weight Training Education-

- ~practice proper safety techniques in the weightroom
- ~show proper lifting techniques
- ~develop a personal fitness plan
- ~show basic exercises for major muscle groups
- ~identify the major muscles of the body

Health and performance-

- ~analyze and dissect different types of stretching
- ~know what the body mass index is
- ~identify personal trouble areas in exercise habits
- ~know the barriers of exercise
- ~identify their own person activity level and know how to improve it.

Nutrition-

- ~identify the basic food groups
- ~dissect personal eating habits
- ~have the knowledge of how to improve eating habits
- ~have the knowledge of how to improve overall fitness

Other necessary information pertaining to the course-

- ~identify and complete specific personal exercise goals
- ~show competency of various information presented in class in the form of a final written test

GRADING-

You will be graded on a point basis. You will receive points for daily participation, dressing out for class, homework, skills tests, quizzes and written tests. Inappropriate behavior and or lack of full participation will result in a deduction of points. You can earn points daily. Short days are worth 5 points and long days are worth 10 points. If you decide not to dress out or you forget your cloths at home, you will only receive 60% of your daily points, but you still are required to participate in class. If you decide not to dress out and refuse to not participate, you will receive a zero for the day. The grading scale is:

90-100%=A

80- 89%=B

70- 79%=C

60- 69%=D

59- 0%=F

OVER VIEW OF HOMEWORK, TESTS , IN CLASS WORK AND PROJECTS-

HOMEWORK-

- article reviews
- skill practice
- reflective writings
- daily journals
- weekly journals

TESTS-

- skills tests (pre,post)
- written rules tests
- 6 components of fitness tests (weekly or biweekly)
- observation (guided imagery)

IN CLASS WORK-

- skills worksheets
- partner check lists
- daily reflections
- skill building
- skill practicing

PROJECTS-

- filimentality packet

CLASS RULES-

- 1. You must be on time. A tardy will result in a loss of points**
- 2. You must be dressed out every day. Cloths need to be changed in the locker room and proper footwear is required. Points will be taken off for inappropriate gear.**
- 3. Make-up work is available for excused absences, field trips, medical excuses and other excused situations. Makeup work will consist of a fitness workout; see example on the reverse side. All make-up work will be completed and then recorded on a form that is saved on the student saved files on the West High Server. After you complete the form, it is then dropped in my drop box. The due date for makeup work will be the third Friday of every month.**
- 4. Security for your belongings is your responsibility. West is not responsible for lost or stolen items. You will need to provide you own lock for the semester and you may record your combination with your teacher if you find it necessary.**
- 5. No food, drink, or gum in class and no glass is allowed in the locker rooms.**
- 6. No profanity or inappropriate behavior.**
- 7. Show respect to yourself, classmates and the teacher at all times.**
- 8. Respect the equipment, Misuse or abuse will result in a fine or replacement.**
- 9. Ask permission before you leave the room for any reason. All students are expected to be in the activity area of the class regardless of the situation.**
- 10. SAFETY!!! Practice safe behavior at all times.**
- 11. Follow directions at all times.**

12. After class, you must go directly to the locker room. No students are allowed in the hall without a pass. After dressing out, you must stay in the locker room until the final bell rings.

MEDICAL EXCUSES-

A student may be excused from class participation by the parent for a maximum of three days. Makeup work would be required to earn the points missed. A doctor may excuse a student for up to three weeks. Makeup work would be required to earn the points missed. Should a student miss more than three weeks of activity in a quarter, credit would be withdrawal for the marking period. Should extenuating circumstances develop, the Department Chair should be contacted. All medical excuses will be reported to the school nurse.

MAKEUP WORK-

Makeup work will be a fitness activity component summary (FIT-FACTS) completed on the make-up form provided on the Student Saved Files on the West High Server.

EXAMPLE-

PHYSICAL EDUCATION MAKE-UP WORK

"FIT-FACTS"

FITNESS ACTIVITY COMPONENT SUMMARY

Read all directions. Answer all questions completely and in detail.

You must complete at least one hour of physical activity. Your workout must include a warm-up, core activity, cool down and stretching. Please indicate how much time was spent on each section of the workout. It must be supervised by a parent, coach, teacher and or other responsible adult.

Your name _____ Date of absence _____

Day and place of your activity _____

Supervisor signature _____ supervisor phone # _____

1. write a complete summary of your activity.

Warm-up

Core activity

Cool down

2. The six components of fitness are: Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength, Body Composition, Stress Reduction and Flexibility. Pick at least 2 of these components and describe how your workout helped you improve these areas.

I HAVE READ THE SYLLABUS AND AGREE TO FOLLOW THE PROCEDURES OUTLINED ON IT.

Parent Signature_____ date_____

Student signature_____ date_____