

**WESTLAKE HIGH SCHOOL  
FITNESS FOR LIFE  
Disclosure Document  
Phone 801-610-8815**



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**Course Description:** Fitness for life is an individualized, concept-based course designed to give students the knowledge and skills necessary to self-assess, create, conduct, evaluate, and redesign personal fitness programs. The course is a combination of classroom and activity-based learning activities. This semester class fulfills **one P.E. requirement for high school graduation.**

**Units:** Students will identify and understand the basic components of fitness, such as cardiovascular fitness, strength, flexibility, endurance, weight control, nutrition and stress management. This will be accomplished by participating in activities, such as Track/Bleacher Workouts, Yoga, Zumba, Kick Boxing, Interval Training, Plyometrics, Circuit Training, Indoor Fitness Games, Weight Training, Spin Cycling, Cross Fit, and learn to write your own personal fitness plan.

**Attendance**

- It is critical for your student to attend class regularly. Participation points are awarded each day of class. If a student misses class they must complete a make-up form within **2 weeks of the absence or no credit will be given.** A limit of 5 absences can be made up each term.
- Excused school activities do not have to be made up, the student is still responsible to obtain any notes missed.
- If the student is well enough to be in school, the student must dress out, but can be excused from participating with a note from a parent, teacher, or school nurse. The participation still needs to be made up. In the case of excessive excuses the teacher may request a parent/teacher conference.
- If a student cannot participate for longer than 2 class days, a note from a physician is required.

**Medical Concerns:** If your student has any medical problems that would limit their full participation in P.E. we need to know. Please fill out the attached form and sign it. These are kept strictly confidential. Your signature signifies that you and your student fully understand what is expected of them in this class.

**Supplies:** Students will need a notebook to hold their unit notes, notebook paper, and a pencil or pen for the classroom portion of the day and a PE uniform for the activity portion of the class.

**Uniform:**

1. Thunder blue PE uniform (\$17 purchased from finance office, keep your receipt and bring to class during the first week of school)
2. In the winter plain navy or black gym pants/sweats are allowed

3. Gym shoes & socks (black soled shoes that mark the floor are not allowed). All gym shoes will be tied in the proper traditional manner.
  4. Jeans, pajama bottoms or scrubs are NOT allowed.
- All clothing should be marked with your last name.
  - It is up to each student to be dressed in the proper P.E. uniform each class period. Uniform loans are available for a deduction of 10 daily points.
  - For safety purposes, no jewelry is to be worn during P.E. class. This includes all types of earrings, watches, bracelets, body pierced jewelry and rings.
  - For the safety of each student, hair must be out of the eyes of the student.

**Grading:** Westlake High School's administration, faculty and staff are committed to our school Mission Statement: *Lux et Virtus*; Light and Excellence. We believe that students can obtain knowledge of core principles in a unit of study and illustrate mastery of each unit.

- *Daily grade:* 5 points for being on time, 5 points for proper uniform, 15 points for participation
- *Assignments:* 10 points each or as otherwise announced
- *Study Guides:* 50 points each
- *Unit Tests:* 100 points each
- *Citizenship:* grade will reflect attitude, behavior, tardies, sportsmanship, and language per student handbook.

93-100	A	82-80	B-	69-67	D+
92-90	A-	79-77	C+	66-63	D
89-87	B+	76-73	C	62-60	D-
86-83	B	72-70	C-	59-0	F

The teacher reserves the right to judge whether or not a student is giving an honest effort in class and if they have earned full or partial participation points. Deductions are up to each teacher and may include things like -5 points for walking when they should be jogging, -5 points for gum, -5 points for wearing jewelry, -5 points for being tardy.

**Skill/Fitness Assessments:** The *FitnessGram* is given to provide information about personal fitness levels to the student and to measure improvement from the beginning to the end of a grading period. Tests will be given throughout the semester to determine progress in fitness activities and skills. The mile run will be completed 3 times per semester as part of the FitnessGram assessment. If any portion of the FitnessGram is missed, it needs to be made up during a time arranged with the teacher. Fitness scores are never used as the primary factor in the grading process, but the effort put forth can be judged by the teacher.

**CHEATING WILL NOT BE TOLERATED!** If you are caught cheating you will receive a "0" zero on the assignment/test. No Exceptions! This includes copying off other students during tests, presenting work copied from another source as your own, and misrepresenting your fitness accomplishments.

**Online Course Access:** You can find a copy of this document, study guides, slide shows, assignments, and make up assignments at [www.westlakehealthandpe.weebly.com](http://www.westlakehealthandpe.weebly.com). Go to the tab for

Fitness for Life to find what you need. Slide shows and study guides are posted within 2 days of being presented in class and will remain posted until the unit exam has been taken.

## **RULES AND PROCEDURES**

**Bullying:** Bullying is defined as aggressive behavior that is intended to cause harm or distress. Physical bullying includes, but is not limited to: pushing, grabbing, pinching, shoving, poking, tripping, kicking, hitting, and destroying property. Verbal bullying includes, but is not limited to: name calling, teasing, spreading rumors, intimidation, sexual comments, harassing and threatening comments. **BULLYING IS NOT ALLOWED AT ANY TIME!!!** Instructors will encourage and promote positive sportsmanship at all times. Students will be expected to display positive sportsmanship as part of their daily participation grade.

**Communication:** We realize that circumstances vary between students and we cannot possibly cover every eventuality in this document. We encourage open communication with the instructor in a timely manner. Our contact information is listed at the top of this document. Please understand that we teach classes all day and we may not be immediately available for consultations, but will respond as soon as we are able. If you have any questions or concerns please do not hesitate to contact us!

**Electronic Devices:** Electronic devices are not allowed in the locker room or during class time activities. If an electronic device is distracting your student, it will be taken away and participation points will be lost for the day. The parent or guardian can claim electronic devices after school in the main office.

**Equipment:** Westlake PE is implementing heart rate monitoring technology into our program. This is state of the art conditioning equipment that will offer a new tool for our students. The students will be able to receive real time data about their intensity while doing PE activities and teachers will be able to objectively assess the effectiveness of the activity. The students will be responsible for using, maintaining and returning the HR monitor equipment during class. Students who damage, lose, misuse, or deface any PE equipment may be held liable for the cost of the equipment.

**Hygiene:** It is important that students develop awareness for personal hygiene. Students may bring personal care items as long as they are in plastic bottles. It is recommended that students keep extra deodorant or anti-perspirant in their PE locker. P.E. clothes must be washed weekly. Showers are available if the student wishes to shower at the end of the class. Towels are provided by the PE department.

**Lockers & Locks:** Lockers & locks in the PE locker rooms will be assigned during the first 2 weeks of school. Students are expected to keep their locker combination confidential. Students will be sharing lockers. We are not responsible for lost or stolen items or clothing. Fines will be given for damage done to the locker. Writing on the lockers is not permitted. All personal belongings need to be in lockers during class.

**Roll Call:** Attendance is taken at the beginning of class and again 5 minutes after students get dressed. Tardy policy follows the guidelines in the student handbook. If you arrive to class after roll has been taken, you will need to sign in on the tardy roll in order to get marked here. In order to make up a tardy or unexcused absence the student must complete one hour of physical activity and fill out and turn in an absent make-up sheet.

**BE WILLING TO DO WHAT IT TAKES TO BE FIT!**

## Course Calendar- Subject to Change\*

August 22/23: First Day of Class

August 24/25: Lockers/Uniforms

August 26/29: Fitnessgram #1

August 30/31: Fitnessgram #1

September 1/2: Fitnessgram #1 Make-Up

September 6/7: FG Make-Up

September 8/9: Unit 1-Chapter 1

September 12/13: Unit 1-Chapter 2

September 14/15: Unit 1-Chapter 3

September 16/19: Unit 1 Review

September 20/21: Unit 1 Test-Chapters 1-3, Unit 1 Study Guide Due

September 22/23: Test Make Up/ Extra Credit Workout~Teach the Class

September 26/27: Unit 2-Chapter 4

September 28/29: Unit 2-Chapter 5

September 30/ Oct. 3: Unit 2-Chapter 6

October 4/5: Unit 2 Test Review

October 6/7: Unit 2 Test-Chapters 4-6, Unit 2 Study Guide Due

October 10/11: Test Make Up/ Extra Credit Workout~Teach the Class

October 12/13: Fitness Games

October 14/17: Fitnessgram #2

October 18/19: Fitnessgram #2

October 25/26: Fitnessgram Make-Up

October 31/Nov 1: Unit 3-Chapter 7

November 2/3: Unit 3-Chapter 8

November 4/7: Unit 3-Chapter 9

November 8/9: Unit 3 Review Chapters 7-9

November 10/11: Unit 3 Test-Chapters 7-9, Unit 3 Study Guide Due

November 14/15: Test Make Up/ Extra Credit Workout~Teach the Class

November 16/17: Unit 4-Chapter 10

November 18/21: Unit 4-Chapter 11

November 22/28: Unit 4-Chapter 12

### **THANKSGIVING BREAK November 23-27**

November 29/30: Unit 4 Review- Chapters 10-12

December 1/2: Unit 4 Test-Chapters 10-12, Unit 4 Study Guide Due

December 5/6: Test Make Up/ Extra Credit Workout~Teach the Class

December 7/8: Fitness Games

December 9/12: Fitness Games

December 13/14: Unit 5-Chapter 13

December 15/16: Unit 5-Chapter 14

December 19/20: Unit 5-Chapter 15

December 11/12: Unit 5 Test Review-Chapters 13-15

December 21/22: Unit 5 Test-Chapters 13-15, Unit 5 Study Guide Due

January 3/4: Fitnessgram #3

January 5/6: Fitnessgram #3

January 9/10: END OF QUARTER- Fitness for Life Final