

Advanced Personal Fitness Elective

Weaver Academy

Instructor: Amanda Browning MAEd; NBPT Certified
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Planning: 1st Semester 9:00-10:30 2nd Semester 2:25-3:55



Course Description

As an extension of the prerequisite Healthful Living course, Advanced Personal Fitness expands student knowledge and mastery of physical literacy and reinforces the importance of leading a physically active, healthy lifestyle. Students will not only engage in physical fitness activities daily, but they will also explore how physical fitness impacts one's physical, mental, social, and emotional well-being.

Learning Objectives

- Understand concepts related to sport and fitness such as the parts of fitness, principles of training, and the FITT Principle
- Self-evaluate personal fitness levels
- Construct personal fitness plans that will improve or maintain current fitness levels
- Predict the effects of physical activity on physical, social, emotional, and mental well-being

Course Format:

90 min classes daily for 1 semester meeting at the Bryan YMCA

If needed classes may meet in Health Classroom Mobile Unit 6 Classroom 2. Students will be notified when meeting in the mobile unit.

Required Materials

- Lock- lockers & locks **will not** be issued at the YMCA; therefore each student must bring a lock to secure their personal items during class and remove it at the end of the class each day.
- Clothing for participation (must follow the Weaver Academy dress code)
 - Athletic shirt (no tank tops)
 - Athletic shorts of appropriate length or athletic pants
 - Athletic shoes with laces (no slip ons)
- 3 prong pocket folder (of any color)

Student Evaluation

The grades are computed according to the Guilford County grading scale. Assigned values are as follows:

Daily Participation Grade 70%

Includes dress out, participation in the warm up, and participation in the daily activity.

Written Assignments 20%

Classwork and homework assignments.

Quizzes and Projects 10%

Make Up Work (After a Legal Absence)

Students are responsible for all work missed when absent from school. It is the student's responsibility to check for the makeup work when they return to class. If a test is announced prior to the absence, the student is expected to make up the test on the first day he/she returns to school. Arrangements for make-up time must be made within three (3) days of return to school. Students must have fulfilled make-up time

requirements within the interim reporting period during which the absences occur (45 minutes of time per absence per class for all absences, lawful or unlawful, over three during a nine-week grading period)

Interim Reports

I will send home interim reports four times during the semester. Any student earning a C or below will be required to return the interim signed by a Parent/guardian. While I expect students to discuss grade concerns with me initially, Parents/guardians may also contact me concerning grades via email or phone call. Please expect to receive a response within 24 hours to any emails or voicemails.

Attendance/Tardy Policy

All absences will be addressed according to the policy outlined in the Guilford County School Handbook. The following consequences will occur for each unexcused tardy to class:

- 1st tardy – warning
- 2nd tardy – student conference
- 3rd tardy – parent notification
- 4th tardy – Lunch Detention or In School Suspension

Limited Participation

If a student is to have limited physical education due to injury or illness, please send a note from a parent/guardian. Non-participation over 3 days will require a note from a doctor. Notes should include an explanation of the limitations and include suggestions for limited activity. It should also be noted how long the student should limit participation. Students WILL NOT be allowed to resume participation until they are released by a doctor. Please use the form below to alert me of any pre-existing medical conditions that may affect participation.

Safety Precautions

Although I take certain safety precautions, some accidents will still occur during physical education. Students can help to minimize the number and severity of accidents by following safety guidelines and using good common sense. Both students and teacher must share the responsibility for creating and maintaining a safe learning environment.

Emergency Procedures

Fire exits –

- Mobile unit – leave through closest door and regroup on bus driveway (Spring St).
- YMCA – leave through closest fire exit and regroup in parking lot.

Tornado –

- Mobile unit – move to North Wing Hallway
- YMCA – move to youth locker rooms

Lock Down –

- Mobile unit and YMCA- remain in classroom with teacher and follow directions.

Procedures for YMCA

We are very fortunate that we have been given access to the facilities at the Bryan Family YMCA. Please be respectful and courteous to the facilities, patrons, and employees at all times.

1. Students will report directly to the Bryan Family YMCA for physical education class. Students should always use the crosswalk at the intersection of Washington and Spring Street. **Students should not cross the road at any location other than the designated crosswalk!!**
2. Students are required to dress for physical activity. Students will use the **youth locker room** facility at the YMCA. **Students are required to bring their own locks to secure their personal items. DO NOT bring valuable items to the YMCA.**
3. Students will have 5 minutes to change from school clothes to activity clothes at the beginning of class.
4. Students will have 10 minutes to change from activity clothes to school clothes and shower, if necessary, at the end of class.
5. Students are encouraged to bring deodorant for “freshening up” purposes. Bring a towel from home if planning to take a shower. The YMCA will not provide towels.
6. Students should not touch any equipment until instructed to do so by the teacher.
7. Students who fail to dress out for activity will be given an alternate assignment or modified activity.
8. Students are required to bring a note from a parent/guardian for non-participation. A doctor’s note will be required after three consecutive days of non-participation unless special circumstances have been discussed with Mrs. Browning and a parent/guardian.
9. Students should follow directions given by the teacher and pay attention at all times in order to create a safe environment.
10. Students are to report directly to the gym from the locker room. Students are not allowed to occupy any other areas unless instructed to do so by the teacher.

Sign and return the detached portion to Mrs. Browning by Wed Aug 29th

I have read the above course description, guidelines, and procedures for Mrs. Browning’s Physical Fitness-Beginner Course at Weaver Academy. I will abide by the Weaver Honor Code. I will not give or receive unpermitted assistance in the preparation of any work or assessment that is to be used by the instructor as the basis of grading.

Student

Date

Parent/Guardian

Date

Please list any current medical conditions that may impede your student’s ability to participate:

Primary Parent/Guardian Contact Information

Name: _____ Relationship to Student: _____

Best Number to Be Reached: _____

Email address: _____

*If you would like to **opt out** of biweekly class email updates please check here _____*

Secondary Contact Information (in case of emergency and above contact cannot be reached)

Name and Relationship to Student: _____ Phone # _____