**McDonough High School** **Personal Fitness Syllabus**

Course Title Personal Fitness 1st/2nd Nine Weeks Year 2024-2025

Teachers Kidada Holtzclaw, Donald Watkins Aux/Main Gym

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| Teacher Email | kidada.holtzclaw@henry.k12.ga.usdonald.watkins@henry.k12.ga.us |
| Teacher Support | Additional assistance will be available |

COURSE DESCRIPTION

This course is a graduation requirement and a prerequisite to all elective physical education courses. The course provides students with the basic knowledge and understanding that physical fitness, exercise, and healthy diet are essential to developing and maintaining a healthy lifestyle

COURSE CURRICULUM CONTENT

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| --- | --- |
| Henry Teaching and Learning Standards | UNITS/TOPICS |
| PEPF.1 - PEPF.5 | 1. Assessment of personal health related fitness2. Develop fitness goals and plans3. Injury prevention4. Effects of weather and climate5. Physical fitness and stress management 6. Dietary Needs7. Training for health related fitness8. Understanding fitness |

Instructional Materials and Supplies

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| --- | --- |
| Published Materials | Instructional Supplies |
| None  | Pen/Pencil, 1 subject notebook, Chromebook, Lock |

Evaluation and Grading

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| --- | --- | --- |
| Assignments | Grade Weights | Grading Scale |
| Classwork & Daily WorkoutsQuizzesFitness AssessmentFinal Exam | Classwork/Dress 40%Summative Assessment 45 %Final Exam 15% | A=90-100B=80-89C=74-79D=70-73F= Below 70 |

OTHER INFORMATION

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| --- | --- |
| Expectation for Academic Success | Additional Requirements/Resources |
| **DRESS WITH APPROPRIATE CLOTHES & SHOES**Set goals to improve proficiency in all skill areasAsk questions and listen carefully.Respond appropriately to instructor directionsParticipate constructively as a team memberInform instructor of medical conditions related to exerciseEach student will complete a Fit-Georgia assessment which is a pre and post test that will assess each students’ health related fitness level | **ALL PE STUDENTS MUST WEAR ATHLETIC/FITNESS GEAR AND TENNIS SHOES TO PARTICIPATE IN CLASS. STUDENTS WHO ARE NOT DRESSED APPROPRIATELY WILL NOT BE ALLOWED TO PARTICIPATE AND WILL NOT EARN A DAILY GRADE.** |

By signing below, I acknowledge that I have read and understood the course policy. I understand that if I have any question or concerns about this policy, it is my responsibility to discuss it with the instructor.

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_