**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.us](mailto:kidada.holtzclaw@henry.k12.ga.us)  [donald.watkins@henry.k12.ga.us](mailto:kidada.holtzclaw@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 fitness  2. Develop fitness goals and plans  3. Injury prevention  4. Effects of weather and climate  5. Physical fitness and stress management  6. Dietary Needs  7. Training for health related fitness  8. 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 Workouts  Quizzes  Fitness Assessment  Final Exam | Classwork/Dress 40%  Summative Assessment 45 %  Final Exam 15% | A=90-100  B=80-89  C=74-79  D=70-73  F= 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 areas  Ask questions and listen carefully.  Respond appropriately to instructor directions  Participate constructively as a team member  Inform instructor of medical conditions related to exercise  Each 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_