



PHYSICAL EDUCATION DEPARTMENT

FITNESS FOR LIFE | COURSE SYLLABUS

2014/2015 SCHOOL YEAR

1. Subject: Fitness for Life

Room: Gymnasium STAGE

Credit Hours: Students receive .5 credits for each semester of Fitness for Life class. (2 semesters required)

2. Instructor: Coach Nestor Osorio, MS

Email: osorion@forestlake.org

Phone: (407) 761-8980 (mobile)

3. Textbooks Needed:

1. Fitness for Life 6th Edition (iPad based version)
2. Spark: The Revolutionary New Science of Exercise and the Brain, by John J. Ratey (teacher will provide the information needed related to this book, students do not need to buy it)
3. Creation Health Resources

4. Materials Needed: The department will supply most of the equipment for P.E. classes. A P.E. department uniform will be handed out the first week and will be charged to your account. You will also be able to purchase the PE uniform online. More information regarding uniform will be shared with you soon. Pair of non-marking athletic shoes and socks is needed, and students are required to wear them for every class.

5. Course Description and Standards: This class is designed to introduce each student to a variety of physical activities that enables them to maintain a healthy lifestyle and to recognize the importance of lifelong benefits of a balanced physical fitness life. Every student participating in this course will be assisted and assured to receive the instruction

and information according to their learning style, regardless of their current fitness or health limitations. Our goal is to provide a class environment that will help students to:

- Feel welcomed
- Have fun
- Be safe, physically, emotionally and spiritually
- Enjoy the process even when hard work is needed.
- Feel better, look better, live better, preparing to be fit for eternity

This course will cover health related fitness, skill related fitness, nutrition, stress management, weight management, and how to develop an individual fitness program. Students will also be taught the importance of developing balanced lifestyles between mental, physical, spiritual, and social development.

Adventist Edge Standards:

1. Identify the principles of SDA Christian values in correlation with physical education.
 - a. Understand the importance of the full restoration of God's image by balancing the physical, mental, social, and spiritual aspects of life.
 - b. Recognize the body as God's temple.
 - c. Apply Biblical principles of healthy living to lifestyle practices.
2. Be able to understand the importance and benefits of lifetime fitness.
 - a. Utilize various tools, technologies, and methods to assess and track personal fitness levels.
 - b. Develop and implement a personal fitness program.
 - c. Acknowledge the values of physical activity (enjoyment, social interaction, self-expression, etc.).
 - d. Improve personal health through regular physical activity.

NASPE (National Association of Sports and Physical Education) Standards:

- Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

6. Student Outcomes: The student will:

1. Develop a sense of responsibility to care for life as a gift from God, dedicated to His honor and the service of mankind.
2. Develop pure, healthy bodies recognizing them as temples for the indwelling of the Holy Spirit.
3. Develop a balanced lifestyle between mental, spiritual and physical development between labor and recreation.
4. Develop an appreciation for human relationships that reflect the values of Christianity.
5. Develop desirable health practices that promote optimal health and physical fitness.
6. Be introduced to lifelong interest in physical and recreational activities.

7. Class Routines:

Fit Life 1: Fitness for Life section 1A meets three times a week. Class meets period 1A, which is 7:50AM-9:15AM on Mondays and Wednesdays and 7:50AM-8:40AM on Fridays. During the first 10 minutes of each class we will exercise/warm up with walking/jogging activities as well as praying and worship time.

On **Mondays** we will be teaching a sport, including its history, rules and basic fundamentals/skills. After several drills and games involving the skills to play the sport, students will have the chance to play pick-up games related to the sport being taught. There will be a skills test at the end of each sports unit.

On **Wednesdays**, we will be having the FITNESSGRAM assessments, as well as playing sports 15 minutes at the end of the class. Polar heart rate monitors will be used on Wednesdays to assess participation and goal achievement of fitness requirements.

On **Fridays**, we will cover materials from the Fitness for Life textbook, have quizzes, and prepare for the unit tests.

You are expected to come to class prepared for physical activity. This means you are in complete PE uniform before class begins. You will be given 5 extra minutes at the beginning and at the end of class to change.

Fit Life-2: Fitness for Life section 2 meets three times a week. Class meets period 1B, which is 7:50AM-9:15AM on Tuesdays and Thursdays and 8:45AM-9:35AM on Fridays. During the first 10 minutes of each class we will exercise/warm up with walking/jogging activities as well as praying and worship time. On Tuesdays we will be teaching a sport, including its history, rules and basic fundamentals/skills. After several drills and games involving the skills to play the sport, students will have the chance to play pick-up games related to the sport being taught. There will be a skills test at the end of each sports unit. On Thursdays, we will be having the FITNESSGRAM assessments, as well as playing sports 15 minutes at the end of the class. Polar heart rate monitors will be used on Thursdays to assess participation and goal achievement of fitness requirements. On Fridays, we will cover materials from the Fitness for Life textbook, have quizzes, and prepare for the unit tests.

You are expected to come to class prepared for physical activity. This means you are in complete PE uniform before class begins. You will be given 5 extra minutes at the end of class to change into normal school uniform for Worship.

Fit Life-3: Fitness for Life section 3 meets three times a week. Class meets period 2A, which is 9:40AM-11:05AM on Mondays and Wednesdays and 9:40AM-10:30AM on Fridays. During the first 10 minutes of each class we will exercise/warm up with walking/jogging activities as well as praying and worship time.

On **Mondays** we will be teaching a sport, including its history, rules and basic fundamentals/skills. After several drills and games involving the skills to play the sport, students will have the chance to play pick-up games related to the sport being taught. There will be a skills test at the end of each sports unit.

On **Wednesdays**, we will be having the FITNESSGRAM assessments, as well as playing sports 15 minutes at the end of the class. Polar heart rate monitors will be used on Wednesdays to assess participation and goal achievement of fitness requirements.

On **Fridays**, we will cover materials from the Fitness for Life textbook, have quizzes, and prepare for the unit tests.

You are expected to come to class prepared for physical activity. This means you are in complete PE uniform before class begins. You will be given 5 extra minutes at the beginning and at the end of class to change.

Fit Life-4: Fitness for Life section 3 meets three times a week. Class meets period 2B, which is 9:40AM-11:05AM on Tuesdays and Thursdays and 10:35AM-11:25AM on Fridays. During the first 10 minutes of each class we will exercise/warm up with walking/jogging activities as well as praying and worship time.

On **Mondays** we will be teaching a sport, including its history, rules and basic fundamentals/skills. After several drills and games involving the skills to play the sport, students will have the chance to play pick-up games related to the sport being taught. There will be a skills test at the end of each sports unit.

On **Wednesdays**, we will be having the FITNESSGRAM assessments, as well as playing sports 15 minutes at the end of the class. Polar heart rate monitors will be used on Wednesdays to assess participation and goal achievement of fitness requirements.

On **Fridays**, we will cover materials from the Fitness for Life textbook, have quizzes, and prepare for the unit tests.

You are expected to come to class prepared for physical activity. This means you are in complete PE uniform before class begins. You will be given 5 extra minutes at the beginning and at the end of class to change

Fit Life-5: Fitness for Life section 3 meets four times a week. Class meets period 4, which is 1:15PM-2:10PM Monday-Thursday.

During the first 10 minutes of each class we will exercise/warm up with walking/jogging activities as well as praying and worship time.

On **Mondays and Tuesdays** we will be teaching a sport, including its history, rules and basic fundamentals/skills. After several drills and games involving the skills to play the sport, students will have the chance to play pick-up games related to the sport being taught. There will be a skills test at the end of each sports unit.

On **Wednesdays**, we will be having the FITNESSGRAM assessments. Polar heart rate monitors will be used on Wednesdays to assess participation and goal achievement of fitness requirements.

On **Thursdays**, we will cover materials from the Fitness for Life textbook, have quizzes, and prepare for the unit tests.

You are expected to come to class prepared for physical activity. This means you are in complete PE uniform before class begins. You will be given 5 extra minutes at the beginning and at the end of class to change

Course Topics Semester 1:

Unit 1 – Getting Started (Ch. 1-3)

Unit 2 – Becoming and Staying Physically Active Level (Ch. 4-6)

Unit 3 – Physical Activity Pyramid: Cardiovascular Fitness, Active Aerobics and Recreation, Active Sports and Skill-Related Physical Fitness (Ch. 7-9)

Course Topics Semester 2:

Unit 4 – Physical Activity Pyramid; Flexibility, Muscle Fitness, strength and endurance (Ch. 10-12)

Unit 5 – Healthy choices; Body composition, Nutrition, Consumer choices (Ch. 13-15)

Unit 6 – Wellness and Personal Program Planning (Ch. 16-18)

8. Absences

The FLA absence policy applies when students miss class and are not on campus.

Students who miss class but who are otherwise present at school will be considered to be skipping and are subject to disciplinary action, including possible detention or suspension. Students on campus MUST attend class unless they have obtained an excuse from the nurse, a teacher or staff member, or administration. Once a student has arrived on campus, he or she may not leave campus (other than as approved for lunch) without the specific permission of a parent and school administration.

Dorm students who are sick must see the nurse to be placed on sick list. If no nurse is available, the student must see his or her dean. Dorm students may only miss class if they are on sick list or have specific permission from their dean or another staff member.

All students must be in class, at work, or in a study hall during every period of the day. Students who drive may receive special permission to leave school after their last class or work appointment. If such permission is sought and granted, the student must leave campus after their last appointment as scheduled.

After 5 absences a student will receive a warning. If a student reaches 10 absences in a quarter/semester he or she may be dropped a letter grade in that class. At 15 absences, the student will be subject to losing credit in that class. A student should not get more than 5 absences per quarter. School Sponsored Trips (SST) will not count against your allotted absent totals for the quarter or semester.

Make Up Work Due To Absences

Parents are not required to produce written excuses for their child when they return to school. The teachers have the right to assign whatever make up work they deem necessary. Make up bell work, quizzes, and tests may be different than the original work. Some bell work and minor quizzes may not be made. If the absence is school-related, the teacher may simply average in the missing work or quiz. The iPad and ebackpack now provides the opportunity for work to be turned in even when a student is absent from class. However, how the teacher handles this is up to their discretion. Please read your course syllabus and follow it.

Tardy

Because punctuality is important, students are held strictly accountable for prompt attendance at all classes and scheduled meetings. The only time a tardy will be excused is if the student was delayed by another staff member or if he or she had a prearranged medical appointment. A note from the staff member or medical office will be required for the tardy to be cleared.

A student who received five (5) tardies in a quarter will be required to serve a detention. Every five additional tardies each quarter will result in an additional detention, however if a student receives a third attendance related detention, he or she will face a suspension (see below).

Students are considered tardy when they are up to 10 minutes late, **after 10 minutes the student is considered absent. Tardy count starts over every nine weeks. There is also an attendance grade that is recorded every nine weeks/ quarter. Your attendance grade is based on unexcused tardiness only.**

When a student reaches **-three** detentions he or she will be suspended and placed on probation. This suspension/probation will adversely affect any elected office, participation in Varsity Sports and other extracurricular activities. (Prayer and Leadership Conference, etc.) Work missed due to unexcused tardies (such as quizzes, bell work, etc.) may not be made up.

Detentions will be held in the Library on Sunday morning only from 11:00-12:00pm. On time attendance is required and no excuses will be accepted (work, class, appointments, practice/games, etc.) other than serious illness or incapacitating injury or accident (upon receipt of confirming note from a parent, dean, nurse or doctor). **A missed detention (unexcused) will result in a suspension being served which may result in loss of privileges, offices, loss of sports participation, etc.** (Students must contact Mr. Jones(407 620-4742) in order to be excused from detention, you must make contact before the detention is supposed to be served.

No one is allowed to leave the gymnasium/activity area until dismissal time. Each student is expected to remain until dismissed by the teacher. Leaving and not returning after 5 minutes or leaving early **will count as an absence.**

9. Participation: If for any reason a student cannot participate in PE he or she must bring a note signed by a parent/guardian or if you are in the dorm by the dean or school nurse. If they don't bring a note they will lose participation points for that day if they don't participate. The class must still be made up in order to receive participation points.

If you cannot participate in P.E. for any medical reason during the year you must bring a note from a doctor. This must be given to the P.E. coach and main office, and the school nurse Mrs. Fincher. If a student cannot participate in physical activity due to medical reason for an extended period they may lose credit for the class.

10. Plagiarism and Cheating: Character development is just as important as curriculum to FLA. Any cheating will result in a 0 for the assignment/test and also discipline through Ad council. This applies to fitness tests and fitness days. Consequences for cheating apply equally to the student who actually cheated and to the student who knowingly or willingly supplied the answers. A citizenship report will be submitted and 7-11 citizenship points will be lost.

The following is the FLA policy: “Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one’s grade or obtaining course credit; such acts also include assisting another student to do so. Plagiarism, a specific form of cheating, occurs when a student presents any published and/or unpublished information, idea, or phrasing of another’s as if the work were his or her own and does not give appropriate credit to the original source. Teachers may make use of turnitin.com or other methods to determine plagiarism. The consequences for a first offense of cheating or plagiarism will include a 0 or F for the work, the student being referred to administration, and the parents/guardians being notified. Students may be required to forfeit positions of leadership and/or offices after the first offense. If a second offense occurs any time during the school year, the student may be withdrawn from the class with a failing grade and/or suspended from school while the case is reviewed by administration” (FLA Bulletin).

11. Grading: Your grade will be assigned based on the following percentages:

Percentage Range	Grade	GPA Value
100 - 93	A	4.00
92 - 90	A-	3.67
89 - 87	B+	3.33
86 - 83	B	3.00
82 - 80	B-	2.67
79 - 77	C+	2.33
76 - 73	C	2.00
72 - 70	C-	1.67
69 - 67	D+	1.33
66 - 63	D	1.00
62 - 60	D-	0.67
59 - 0	F	0.00

Each student's grade will be evaluated on obtaining as many of the possible percentage points available for the quarter. These percentage points may be acquired in the following areas:

- A. PARTICIPATION (30%)
- B. DRESS/UNIFORM (10%)
- C. PHYSICAL FITNESS TEST (20%) Fitnessgram.net
- D. HOMEWORK, PAPERS & PROJECTS (15%)
- E. QUIZZES (10%)
- F. UNIT TESTS (15%)

A & B: PARTICIPATION + DRESS/UNIFORM (30%+10%)

Participation in class and during physical activity is a majority of your grade. Each day you will be given an activity grade worth 10 points. If you come dressed out, participate, and behave you will receive all 10 points.

Not dressing out will result in losing 5 participation points. Not participating and/or conduct issues will result in losing 1-10 participation points. (see Rubric)

Part of your participation grade will be completing the minutes on the Target Heart Rate Zone, monitored by the PolarGoFit technology provided in class. Students will receive a username and password that parents can also visit from home to check student's status and progress.

C. PHYSICAL FITNESS TEST; Fitnessgram.net (20%)

FitnessGram tests make up 20% of the final grade. Practice tests will be given at the beginning of semester and between quarters, this does not count towards your grade it is only to see where you stand and how you are improving. The 20% comes from the 1 fitness assessments during the semester; this gives students ample time to improve on areas of weakness. A grade is given based on gender standards for the tests and minutes in the heart rate expected. Polar heart rate monitors will be used to assess student's achievements of these goals.

D. HOMEWORK, PAPERS & PROJECTS (15%)

Homework in this class includes chapter reviews, crossword puzzles, labs, journals, spark reflection papers, and projects. Assignments must have students name, date, class section, and title of the assignment on them to receive full credit. Most papers

are preferred to be typed, but not required. One page typed double spaced correlates to one page full handwritten. APA style is recommended for reports, but no point's deduction will be applied for not following it.

E. QUIZZES (10%)

Tests, quizzes and the final project are worth 15% of your grade. The final project is a personal fitness portfolio. This project is to show what the students learned in the class, chapter quizzes, their current fitness level, the improvements they've made from the beginning of the year, and their plans on how to become physically fit or maintain fitness.

F. UNIT TESTS (15%)

Unit tests are a compilation of weekly quizzes from each book chapter.

12. Classroom Guidelines: These rules and regulations are your guide to the policies and requirements of Physical education at FLA. They have been instituted for your benefit and the teachers. Read them- know them. There may be changes in the policy during the year. If there are changes, each class and student will be notified of the changes and then the changes will be in effect at that time.

EQUIPMENT USE:

1. NO ONE IS ALLOWED IN ANY EQUIPMENT ROOM OR OFFICE AT ANY TIME WITHOUT PERMISSION.
2. Students are not to take down or set up equipment during class time, intramural, or recreation time without permission.
3. No student is allowed to use the gymnastics equipment without permission.
4. Students are expected to use school athletic equipment with care. Any student who damages or abuses equipment due to carelessness or intentional misuse will be charged for damage. For example, do not kick volleyballs, basketballs, or any other pieces of equipment not designed to be kicked. Do not throw equipment that is not designed to be thrown. Do not hang from the basketball rims.
5. Students are not to remove equipment from the gym unless given permission from the PE dept.
6. The same person must check in the equipment checked out by any person. You are responsible for the equipment checked out to you.
7. All equipment should be returned promptly when asked to do so, or on the signal.

***The P.E. Teacher needs to be aware of any medical problems and helpful information regarding the problem.**

13. Fitness for Life Benchmarks –

- Demonstrate Christian behaviors, which are supportive and inclusive in sports activity.
- Demonstrate advanced movement patterns in team sports.
- Demonstrate cooperative behavior and the ability to use combined movement skills and strategies in team sports.
- Use offensive and defensive strategies and appropriate rules for team sports.
- Accurately assess personal health status.
- Accept personal responsibility for healthy lifestyle.
- Weigh potential consequences of participation in physical activity including physical injury or potential conflict with others.
- Measure personal status of body composition and fitness level.
- Set personal goals and work toward their achievement.
- Anticipate health and safety consequences of physical activity.
- Honor and glorify God in sports and physical activities.
- Accept role of leader or of follower appropriate for the accomplishment of team goals.
- Apply and practice the concept of sportsmanship and responsible behavior while participating in physical activity.
- Apply rules, appropriate procedure, and safe practice to physical activity settings.
- Communicate with teammates or competitors during team sports.
- Search for success in sport or activity by seeking style/form that complements his/her own talents and abilities.

14. Assessment Methods

Fitnessgram Fitness Tests

Teacher observation

Fitness For Life, 6th Ed., textbook assessments

Student Projects/chapter quizzes

Student Journal/portfolio

Team Sports Rules and Skills Evaluation

15. Suggestions for Success: Pray every morning. Your success starts with the hope that every action and decision you make today has an eternal purpose and will take you to your highest potential. We are here to walk with you through this journey, providing the information, the environment, the encouragement and the tools you need to be healthy, balanced and ready to face life's challenges. Our suggestions for success for this school year are simple. Come to class dressed out, participate and make up any days/assignments missed as soon as possible. As long as you come to class prepared for success, you will succeed in this class. Communication is the key for us to understand your needs and accomplishments. Please share with us your feedback, so we can rejoice

with you or adapt the methods to your learning needs. We know based on scientific data and for personal experience, that when we are healthy, good times turn into great times, and tough times are easier to overcome.

It is an honor and a privilege for us to be able to serve you,

Coach Nestor Osorio, MS

Athletic Director

osorion@forestlake.org

(407) 761-8980

“LIFE IS GOOD...GOD IS BETTER”

PARTICIPATION RUBRIC

Each class period is worth 10 PARTICIPATION/UNIFORM points
(40% of final grade)

All 10 points can be earned by participating (5 points) dressing out (5 points), and maintaining appropriate behavior

	Participation	Intensity	Attitude	Social	Dress
Advanced 5 points	Student always participates in class activities and follows all directions	Student demonstrates a 85% + level of intensity throughout the entire class	Student never complains and is always respectful	Leads by example during the activity	Student is fully dressed out
Proficient 4 points	Student always participates in class activities and follows most directions	Student demonstrates and accomplishes a 70%-85% level of intensity throughout the entire class	Student rarely complains and is always respectful	Willing to help others during the activity	Not full dressed out
Average 3 points	Student frequently participates in class activities and follows most directions	Student demonstrates and accomplishes 60%-70% level of intensity throughout the entire class	Student sometimes complains and is always respectful	Limited desire to help others or work together, but is respectful to others	Not full dressed out
Below Average 2 points	Student barely participates in class activities and follows some directions	A low level of intensity was displayed during the class (below 60%)	Student often complains and is rarely disrespectful	Unsuitable sportsmanship	Not full dressed out
Poor 0 points	Student rarely or never participates in class activities and follows little to no directions	A minimal/indifferent level of intensity/effort was displayed during the class	Student often complains and is frequently disrespectful	Displays unstable, inappropriate, aggressive, social behavior	Not full dressed out