

Lifetime Fitness Syllabus

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Prepare and Excel

Every Student – Every Day!

Grade Breakdown

Participation	55%
Tests	35%
Nine Weeks Exam	10%

Attendance Procedure: Roll will be taken at the beginning of each class period. Students are expected to be in their student desk immediately after the bell rings.

Course Requirements:

Participation: The majority of course work will consist of participation in classroom activities and participation in gym activities.

Tests: There will be a "major" test for each chapter or unit (at the instructor's discretion).

Nine Weeks Exam: The nine weeks exam will consist of either a written comprehensive exam or completion of the "Pacer Test".

Participation:

Each fitness day you will be given a participation grade. In order to obtain the highest grade possible you must 1) change clothes (gym clothes), and 2) participate (with positive effort) in all activities without having to be reminded to do so.

If you are unable to participate for any reason, I must have a note from your doctor or a statement from the front office indicating how your participation should be altered. Failure to

participate without proper documentation will result in a **zero** for that day, along with a referral to the principal. If you are *absent unexcused* on a fitness day you will receive a **zero** for that day. If you have an *excused absence* on a fitness day you must turn in three (3) handwritten pages of information (must be related to current topic) to me within one week of the excused absence. Failure to turn in written work will result in a zero for that day.

Point Deductions In Gym: (includes but not limited to)

- Sitting down without permission.
- Changing from gym clothes into street clothes without permission.
- Wearing wrong shoes on gym floor.
- AWOL (If I don't know where you are, you will be considered AWOL)
- Not participating with good effort (My judgement).

Dressing Out:

You must dress-out for gym. Failure to do so will result in a letter grade being deducted for that day. However, this procedure will be progressive with future episodes.

Example: If you do not change clothes but you participate, you probably will receive a high B for that day. The next time this occurs you will only receive a high C, the next time you will only receive a high D, etc....

Note: When you get to the level of receiving an F, I will most likely issue you After School Detention!

Changing Clothes:

You will be allowed to change clothes at or near the beginning of the period, and change back into your normal clothes with 10 minutes remaining in the period.

- **Note: We will always check roll in the classroom.**

Classroom:

You are expected to behave in a manner that is conducive to the learning environment. Classroom rules are posted in the room and should be followed at all times.

Assignment Policy: All assignments should be submitted within the assignment due date. Failure to adhere to this timeframe will result in penalties that will be dealt with on a case by case basis.
Make-up Policy: Any make-up work must be turned in with five (5) days of the original due date.

Absences from normal classroom activities:

Unexcused Absence = zero for the activities that day.

Excused = You have one week (5 school days) to make arrangements to make-up work. For your benefit, work must be made up in a timely manner.

Bathroom Breaks:

Emergency Only!!!, a time equals laps policy will be used.

Example: Time for bathroom visit (usually around 3 minutes) equals 1 lap per minute missed, so you would have to run at least 3 extra laps the next fitness day.

Text:

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Accommodations: Students requiring modifications or specific accommodations will be provided on a as needed basis based on doctors orders or IEP's, etc....

Tentative Course Schedule:

Monday, Wednesday & Friday: Gym

Tuesday & Thursday: Classroom Activities to include all standards, lectures, worksheets, etc...

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