

CENTRAL HIGH SCHOOL

Personal Development

Mr. Jeff Fenton; Mr. Tyler Graham; Mr. Brian Spooner

COURSE SYLLABUS

Course Description:

This course is open to any student preferring fitness and conditioning. The focal point of this course is to develop and maintain core strength in major muscle groups. These students will also develop and maintain cardiovascular conditioning as well as improve agility and explosive movements. The students will monitor strength improvements through weight training and agility improvements by using plyometric training, circuit training, and cardiovascular endurance training. They will chart and record their performance to show improvement throughout the year. The students will also learn how to test their body fat, monitor their weight and height, and show increase in speed and jumping abilities.

Prerequisite: Must have participated in at least one sport the year prior to taking this class. (STARS football does count.).

Uniform Fee: \$17

Course Objectives:

Upon the successful completion of this course, students will be able to:

1. Develop their own personal fitness/wellness plan
2. Identify different ways to work out specific muscles
3. Identify personal fitness goals and know what means are needed to achieve them.
4. Assess lifestyles and choose a healthy one.
5. Carry on the idea of physical/mental wellness into their post-high school years.

Required Class Materials:

P.E. Uniform (Can be purchased at Denny's Sporting Goods in Onarga or at Registration

P.E. Shoes (Preferably high top for ankle support

Deodorant, Soap, Shampoo and Towel (Students will be given ample time to take a shower if they wish after class.

Text: NONE

Course Outline: Personal Development is not broke down into units. The students dictate how their workout program will change over the year. Different types of fitness techniques such as Plyometrics, Speed Drills and Endurance Building exercises will be introduced throughout the semester. Fitness testing will take place at the beginning and end of every semester. Students will also be fitness testing one testing area every Friday they have class.

Major Assignments: Final Exam- Over all muscles covered in a semester. Exam will be at the end of the semester.

Individual Fitness Portfolio completed throughout semester; checked every two weeks

Grading: Students will be graded on the following criteria:

- I. Daily activities
 - a. Warm-ups (2 pts.)
 - b. Stretching/form running (3 pts.)
 - c. Training (6 pts.)
 - i. Heart Rate Monitor- (3 pts.)
 - ii. On task/Sportsmanship (3 pts.)
 - d. Fitness Enhancement (4 pts.)
- II. Fitness testing/Goal achievement (80 pts/semester)
- III. Individual Fitness Portfolio (30 pts/quarter; checked 3 times/quarter)
- IV. Written tests/quizzes
 - a. Bones
 - b. Muscles
 - c. Joints
 - d. Movements

Class Policies & Procedures:

Discipline:

- Be in class and in the bleachers when the bell rings. 2 Tardies = 1 Detention
- Once attendance has been taken, students will have 5 minutes to get changed into the approved uniform and be in the gym ready for participation
- If you choose not to dress or do not have the approved P.E. Uniform for class, you will not be allowed to participate and will be given a zero for the day.

Facilities:

- All facilities and equipment should be cared for in an appropriate manner.
- Do not use the equipment for anything other than what the equipment is designed for.
- Ask to use equipment (i.e. basketballs, volleyballs) during free time
- If a student breaks or damages anything, they will pay for the replacement.
- Stay off the floor until given permission to be on it.
- All weights must be placed on appropriate racks before leaving weight room.

Behavior:

- Do not share lockers, locks or you combo with anybody else. If you lose or misplace the lock that is issued to you, you will be charged \$5.00 for a replacement.

- Keep your locker locked at all times. You are responsible for what is in your locker and any valuables you place there
- Stay seated in the bleachers until you are dismissed from class
- Report ALL injuries or equipment damage to you teacher immediately
- No food, drink, or gum is permitted in the gym. Clear, bottled water in a see through container is acceptable
- Be respectful to all teachers and other students. If a teacher is talking, please be quiet and pay attention
- Do not use inappropriate language, contact, or gestures.

Instructor Contact: (Days and times of availability, phone numbers, emails, etc.)

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