Health and Personal Fitness Course Syllabus

Goal: To increase students ' wellness knowledge, so that each student may increase their quality of life, become healthier and more knowledgeable consumers.

Credit earned: 1/2 Carnegie unit for Health, 1/2 Carnegie unit for Personal Fitness. Class is required for graduation.

Instructor: Coach Wilson Email:

Meeting Place: Main Gym

Rules & Responsibilities:

* Come to class with an open mind, prepared to learn something new.
* Show Respect to others
* Do not do anything to injure yourself, someone else, or property.
* No gum, food (especially candy) or drinks except for water is allowed in the classroom or gym. Absolutely no electronic devices out during class.

 An athletic sock, shoes, shorts/pants; shirts must be worn to be considered dressed. All Dress out clothing needs to be a change from the school clothes. No zippers, belt loops, cutoffs on shorts/ no buttons or collars on shirts. Preferably school colors are to be worn (blue, gold/yellow, gray on top, or black on the bottom).

The PE Dept. reserves the right to disallow any clothing deemed inappropriate.

* Please do not bring anything of value to school. If it is unavoidable, lock the valued item(s) up or bring to your teacher. The PE Dept. will not be held liable for the lost, stolen or damaged items.
* Students are responsible for any make up work. An excused note from parent, must accompany any request for makeup work within two days of absence. Please have at least 2 people in class that you can call on to receive the day's assignment!
* If a non-dress excuse lasts for more than 3 days, then a doctor's note or other legal excuse must be brought.

  All other school rules apply.

* Students are expected to control their own behavior. Discipline: Consequences for inappropriate behavior:

l. Pushups- (Personal improvement)

1. Parent contact (and increased personal improvement)
2. Detention
3. Parent conference/referral

Grading system:

• Personal Fitness: Participation 45%, Dress out 45%, Final 10%,

Your signature implies an understanding and agreement to the above rules and regulations. Parents agree to monitor your child's progress.

Student: Parent/Guardian:

