**Free State High School**

**Fitness I**

**Teacher Information**

Mr. Meyer

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**Objective**

This course is intended to teach the basic movement of various fitness modes, and to facilitate the improvement of one’s personal physical health through varying workouts. Students will demonstrate their knowledge in fitness planning by administering an effective workout with peers or by writing a personalized fitness plan.

**Daily Supplies**

Loose-fitting clothes MP3 player – optional

Indoor/Outdoor Wear Good running/cross training shoes

Disinfectant Wipes Water Bottle – optional

Heart Rate Monitor – supplied by school Sweat Towel & Yoga Mat – Optional

**Schedule**

The basic outline will be:

Monday – Cardio/Strength Workout Tuesday – Yoga or Cardio Workout

Wed./Thurs. – Core & Cardio Friday – Cardio Workout

Plus 8-10 min flexibility work each cardio day

Pre & Post Fitness Testing

**Grading**

 Daily Participation Grade – 5 points possible per day

 5 Daily Points:

3 pts for Hellison’s Model at Level 3 or above and Heart Rate Zone

1 pt dressed out

1 pt on time for activity

Heart Rate Zone

Percent of time in heart rate zone as required. The required time will increase throughout the course. Some activities may influence the amount of required time in HRZ.

 Projects

 My Fitness Pal/Logs

Final Project – 50 pts

Students will compose a workout to present & lead the class for an entire class period. Workouts will be written and submitted before the day of the presentation. They will be performed at the end of the semester.

As a general rule, no extra credit is provided. Students can perform make up work before or after school by scheduling a time with the teacher. Once the 9 weeks grade is posted, no work can be retroactively made up.

**Protocol**

Students will report to gym hallway for roll before the bell and then have 6 minutes from the time the bell rings to be present in the workout room and ready for activity. If student is not ready to begin with the group or comes in late, there is a loss of a daily point.

Students are to follow the workout and stay within the guidelines of the expectations & locations. A goal heart rate will be present most days in which the student will earn points toward based off of percentage complete. If the student is unable to achieve all minutes of a given day, he or she will lose points accordingly. Students may schedule time before or after school to earn extra heart rate minutes but no minutes beyond 100% will be added to the grade. Students have 2 weeks to make up for the previous missing time.

Any day that does not take heart rate time, students will be solely graded on their ability to fulfill the workout give and accounted through daily points.

Students will end each workout with an 8-10 minute stretching session. If student misses any of the stretching session, there is a loss of daily point. 6-8 minutes is then provided to change back into regular school clothes.

**Cell Phone Etiquette**

Cell phones are allowed at appropriate times for workout purposes only. Music during individual workout, logging work, picture of HRM results, & running apps are all examples of appropriate use. Otherwise, there are to be no cell phones in class. Please use the following guidelines when using your headphones:

1. Both headphones removed during instruction.
2. No headphones during team sports or peer interaction or GROUP WORKOUTS (pulling one may be appropriate for short conversations during individual workout time).
3. Have your playlist and/or app ready so that all you have to hit is play.

To maintain a professional, academic atmosphere, please use an appropriate time to check your messages such as locker room time or between classes. Please remember it is a privilege to have your cell phone in the locker room. It can be lost if individuals begin to compromise the privacy and safety of others in the locker room.