



Fitness Training Grand Haven High School



Course Number:

Grade Level: 9-12

Credits : 1/4

Prerequisite Courses : N/A

Course Description

Students will participate in a wide range of cardio vascular exercise including but not limited to the following: Running, swimming, biking, soccer, stadium running, multiple workout routines (P90X/Insanity/Yoga/Pilates), and weight training. Most activities will be conducted off campus as students will be road and trail running. Students will be working on Anaerobic fitness through weight fitness.

Course Objectives

Grand Haven High school students will recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle. Our students will possess the skills, knowledge, interest, and desire to maintain an active lifestyle. They willingly participate in physical activities on a regular basis that contribute to the attainment of and maintenance of personal physical activity goals. Students at this age make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on needs, personal interests, capabilities and resources. They possess adequate movement capabilities and behavioral skills that provide a basis for continued learning and regular physical activity participation. They can independently apply appropriate training principles to their own physical activity and can utilize pertinent scientific principles to enhance their participation in a specific activity or sport. In addition, students demonstrate an understanding of how and why adult patterns of physical activity participation change throughout life and are capable of implementing meaningful strategies to deal with those changes.

Student Expectations

Students will be on time for class daily with the proper attire for daily activities. Being respectful of everyone in our classroom is an expectation of students daily behavior. Students will also need an off campus waiver and transportation form signed by a Parent or Guardian. Students will perform daily workouts to the best of their ability as they will be required to complete a race at the end of the making period.

Building Behavioral Expectations

TEAM GH ... One Team, One Family, One Grand Haven. Be Kind. Always.

It is our expectation that ALL GHHS students, staff and parents will ... always give their best **EFFORT** in everything that they do, work hard to be **INCLUSIVE** of each other, show **RESPONSIBILITY** in class, the hallways, cafeteria and at events, and **WORK TOGETHER** at all times!

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Communication

Each instructor will communicate with students through Remind 101 and Edmodo. Teachers will also be available through email and phone.

Grading Policy

- Final Exam 20%
- Daily Participation and Effort 80%

Grand Haven Physical Education Grading Scale:

A	100 - 92	C	77 - 72
A-	91 - 90	C-	71 - 70
B+	89 - 88	D+	69 - 68
B	87 - 82	D	67 - 62
B -	81 - 80	D-	61 - 60
C+	79 - 78	F	59 - 0

Students will be required to submit daily and weekly assignments on Edmodo, directly to their teacher or through email.

Scope and Sequence

First third of marking period: Pre Testing the student overall physical fitness through the following activities: cardio capacity (5k, mile, and workout routines) as well various muscle strength/endurance

Second third of marking period: Teaching Proper Weight Training Techniques, nutrition, and Increasing Cardio

Final third of marking period: Students will taper workouts to get maximum performance for their final exam.

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