



Women's Fitness Grand Haven High School



Course Number: m-38
Grade Level: 9-12
Credits : 1/2
Prerequisite Courses : N/A

Course Description

This class is designed for women who are interested in participating in a variety of activities that will positively influence their health, well-being and fitness levels. Many activities will focus on real world connections and lay ground work for future physical education classes and an active lifestyle beyond high school. Activities include hiking, biking, yoga, Pilates, and body sculpting. Other activities include badminton, volleyball, swimming, soccer, tennis, softball, Zumba, ultimate Frisbee, and health related topics like nutrition, eating disorders, and teenage obesity.

Course Objectives

Students will learn the value of being active and putting movement into everyday lives. They will learn about healthy choices related to fitness and diet.

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 perform daily workouts to the best of their ability.

Communication

Each instructor will communicate with students through Remind 101. 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:

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!

GO BUCS

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

Scope and Sequence

Badminton

Volleyball

Weightlifting/Boot Camp

Yoga, Ball Yoga

Pilates, Insanity, P90 X, T25

Soccer

Swimming/Water Polo

Walking through neighborhoods, Rosy Mound etc.

Dodgeball

Anorexia/Obesity in Teens/Nutrition Speaker

Zumba

Air-Force Football

Ultimate Frisbee

Tennis

Softball

Biking

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