

# Fitness Disclosure

Janna Spears  
(801)572-7035 ext 77134  
janna.spears@jordandistrict.org

**Class Description:** This course is designed to help students adopt a physical lifestyle that will help them achieve physical fitness. Students will identify and understand all of the components of fitness such as strength, flexibility, cardiovascular fitness, and body composition. It is the goal that students will leave with a greater understanding of their personal fitness level and have a desire to maintain a lifelong fitness program.

**Class Content:** This is a fitness class. It is designed to promote healthy life time fitness activities that, if continued, will become part of a healthy lifestyle. Emphasis will be placed on a variety of skills, information, and resources for students to enjoy a lifetime of healthy activities.

1. *Proper Dress:* Athletic/fitness clothing: shorts, t-shirts, sweatshirts, sweat pants, and good athletic shoes.
  - Improper dress will result in a reduction of daily points.
  - Advertisements on clothes for tobacco, alcohol, drugs or provocative images are prohibited.
  
2. *Attendance Policy:*
  - a. First Absence and Second Absence: Notify the teacher by e mail or phone call. Please include the following in your message:
    - Name
    - Class time
    - Reason why you can't make it to class. (Keep it short!)
  
  - b. Third Absence: In accordance with Valley High policy, the student will be given a "NC" for the class for the quarter.
  
  - c. Tardies: A student is tardy if they are not dressed and in the warm up area 5 minutes after the class start time. After 5 minutes, you are absent. Being late and leaving class early will affect daily grades.
    - 3 Tardies = 1 Absence
  
  - d. Because physical education is a participation oriented class:
    - Possible make-ups will be discussed on an individual basis with the student.
    - **Students will be marked absent if they choose to sit out and not participate.**
  
3. *Cell phone use:* Teachers are not responsible for handling students' cell phones. Lock them up! Listening to personal music is allowed **except** during teacher instruction. If caught talking on cell phones or texting during class, points will be deducted from the daily grade or you will be asked to leave and earn an absence.
  
4. *Locks/Lockers:*
  - Students will be issued a lock and locker. **NO PERSONAL LOCKS ALLOWED.**
  - The school will not be responsible for lost or stolen items.

- Lost clothing will remain in the locker rooms.

5. *Facilities and equipment:*

- Misuse or purposeful damage of equipment will result in a dismissal from class and deduction of all participation points for that day.
- No food or drink, except for water, allowed in fitness room.

6. *Grading:* Daily grades will be given according to the following scale:

15 points: **Attitude and Effort**

10 points: Being prepared and dressed appropriately

7. *Grading Scale:* Grades will be based on a percentage of total possible points for the term, which will include daily grades, skills assessments, and written tests/quizzes.

**GRADING SCALE:** Students may check their grade at any time on Skyward.

<b>A</b>	100%-95%	<b>B+</b>	89%-87%	<b>C+</b>	79%-77%	<b>D+</b>	69%-67%	<b>F</b>	< 60%
<b>A-</b>	94%-90%	<b>B</b>	86%-83%	<b>C</b>	76%-73%	<b>D</b>	66%-63%		
		<b>B-</b>	82%-80%	<b>C-</b>	72%-70%	<b>D-</b>	62% – 60%		

**CLASSROOM EXPECTATIONS** are consistent with the expectations of Valley High. In addition, it is important that every student works hard, has a good attitude and tries their best. Respect of others and the facility is mandatory. Since a positive learning environment is the key to success in every classroom, disruptive behavior will not be tolerated and will adversely influence the student’s overall grade.

Student Name: \_\_\_\_\_ Class Time: \_\_\_\_\_

Student Email : \_\_\_\_\_

Cell/Home Phone: \_\_\_\_\_

My signature indicates that I have read the disclosure statement and understand the expectations and policies of this class.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date