

# Frank McClarin High School

3605 Main Street  
College Park, Georgia 30337  
404-669-8080  
404-669-8089 (FAX)

Anita Marie Lee, Principal  
Shadelle Denson, Assistant Principal  
Sabrina Richardson, Administrative Assistant

Emory Fears, Counselor  
Stella Wilson, Counselor



## Personal Fitness 2008-2009

Coach J. Madden (404) 669-8080  
maddenj@fultonschools.org

**Course description:** Personal Fitness provides a thorough understanding of physical fitness as it relates to lifetime fitness. The course also introduces the student to beginning concepts of fitness, threshold of training, cardiovascular fitness, muscular strength and endurance, flexibility, exercise and weight management, health problems, and the development of a personal exercise program. This is a required course for graduation.

**Textbook:** Personal Fitness for You Hunter Textbooks, Inc. 2002, Ch. 1-4, 6-9, 11-18

This is a 60 day course. It is essential that you attend regularly and participate fully.

### Course Objectives:

1. Participate in fitness assessments and health related fitness activities.
2. Use fitness assessment results to establish individual goals for all five health – related fitness component areas.
3. Develop a personal fitness plan designed to attain stated fitness goals.
4. Implement a personal fitness plan and assesses outcome.
5. Develop the knowledge of how to plan a nutritious diet.

### Fitness Activities:

Monday – Aerobic activity on the Track or in the Fitness Center.

Wednesday – Weight training in the Fitness Center.

Friday- Gym activity or activity in Fitness Center.

### Requirements & Expectations:

- **Attendance-** Attendance will be taken promptly. Students are expected to be in seats and ready to work. Tardies will be given to those who walk in after the bell without a pass. 3 tardies will count as an absence. Attendance is part of your participation grade. Class work days will be on Tuesdays, and Thursdays. Please bring something to write with to class daily.
- **Student ID's-** All students must wear their name badges at all times in the class. No exceptions.

- **Clothing-** Proper athletic shoes and clothing is expected on exercise/activity days. Exercise/activity days will be on Mondays, Wednesdays, and Fridays.
- **Conduct-** Obscene language will not be tolerated. Be respectful. Don't touch others property without permission. Do not be disruptive while the teacher or others are talking.
- **Food, Drink and Cell Phones-** In accordance with school rules, students are not allowed to eat, drink, or talk on the cell phone in class.
- **Hall Passes-** A pass from the teacher must first be obtained before leaving the room for an emergency or to go to the restroom. Please, take care of business before class starts, if possible.
- **Grading scale**  
 60% Participation  
 20% Class assignments and tests.  
 20% Projects

**Fulton County Schools Grading Policy**

A	Superior	90-100
B	Good	80-89
C	Average	70-79
F	Failing	69 and below

**Recovery procedures from the Fulton County School Board Policy:**

Provision for Improving Grades

1. Opportunities designed to allow students to recover from a low or failing cumulative grade will be allowed when all work required to date has been completed and the student has demonstrated a legitimate effort to meet all course requirements including attendance.

Students should contact the teacher concerning recovery opportunities. Teachers are expected to establish a reasonable time period for recovery work to be completed during the semester. All recovery work must be directly related to course objectives and must be completed ten school days prior to the end of the semester.

2. Teachers will determine when and how students with extenuating circumstances may improve their grades.

***McClarin School Policy: “Students who do not successfully complete their assigned classes will have to repeat the class. No student will be assigned a repeat class the next semester unless it is the only class this student needs to take. Students with excessive absences will not pass the class.”***

**I have read the syllabus and understand the requirements and expectations for Personal Fitness.**

Student Name \_\_\_\_\_

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

Home Phone or Parent Contact # \_\_\_\_\_

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