FVS Personal Fitness Syllabus

Course Description
This is a fitness course in which you will learn the skills needed to assess and plan a personal wellness program. Successful completion of this course is a requirement for graduation from Fulton County Public Schools. During this course, you will learn a lot about yourself and develop a plan to be "Fit for Life." We will use unique and interactive lessons in Edgenuity, Mobile Heart Rate App, and Weekly Workouts. You will learn about your personal fitness levels, how to set your own fitness, nutrition, and wellness goals and how to develop an activity plan to accomplish those goals.

Course Objectives
Throughout the course, you will meet the following goals: • Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life. • Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity. • Uses technologies to assess, enhance, and maintain health-related and skill-related fitness. • Analyzes the relationship between physical activity and longevity. • Evaluates the relationship of exercise (fitness) and nutrition. • Develops fitness goals that are gender, age, and skill appropriate. • Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them. • Identify community resources available to help treat and prevent the spread of communicable diseases.

Student Expectations
This course requires the same level of commitment from you as a traditional classroom course would. You are expected to spend at least 5 hours per week online on the following activities:
• Interactive lessons that include a mixture of instructional videos and tasks.
• Assignments in which you apply and extend learning in each lesson.
• Assessments, including quizzes, tests, and cumulative exams.
• Workouts with recorded heart rates at the beginning, middle, and end of each workout session.

Communication
Your teacher will communicate with you regularly through discussions, e-mail, grading notes, and system announcements. Through this communication with your teacher, you will monitor your progress through the course and improve your learning by reviewing material that was challenging for you. It is important that you communicate with your teacher if you have any questions or concerns throughout the course.
Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

<table>
<thead>
<tr>
<th>Assignment Type</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignments</td>
<td>10%</td>
</tr>
<tr>
<td>Lesson Quizzes</td>
<td>10%</td>
</tr>
<tr>
<td>Unit Tests</td>
<td>20%</td>
</tr>
<tr>
<td>Essays</td>
<td>N/A</td>
</tr>
<tr>
<td>Labs</td>
<td>N/A</td>
</tr>
<tr>
<td>Projects</td>
<td>40%</td>
</tr>
<tr>
<td>Other Assignments</td>
<td>N/A</td>
</tr>
<tr>
<td>Cumulative Exam</td>
<td>20%</td>
</tr>
</tbody>
</table>

All of the grades that you receive online will be recorded in Edgenuity. To view your grades in Edgenuity, click on: organizer; reports; then, scores and feedback.

Fulton County Schools Grade Recovery Policy

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.

Due Dates

The Fulton Virtual School’s policy is to allow students to work at an individualized pace in the course. You are expected to work at your own pace and have the course finished by the last day of the class. You are expected to show the same level of commitment as you would in your traditional school setting.

Scope and Sequence

When you log into the Virtual Classroom, you can view the entire course map, which provides a scope and sequence of all topics you will study. Clicking a lesson’s link in the course map leads to a page listing instructional activities, assignments, and learning objectives specific to that lesson. The units of study are summarized below.

Unit 1: Why Personal Fitness and Your Fitness Level?
Unit 2: Training, Nutrition, and Weight Control
Unit 3: Cardiorespiratory, Muscular, and Flexibility Systems
Unit 4: Your Fitness Plan for Life
Georgia Performance Standards

This course is correlated to the Georgia Performance Standards. If you would like more information on the GPS, please visit: https://www.georgiastandards.org/Standards/Pages/BrowseStandards/PhysEd9-12.aspx.

Fulton Virtual School Academic Integrity Policy

In a virtual learning environment, honesty and integrity are integral traits for academic success. At Fulton Virtual, we believe that all students must show integrity in the completion and submission in all aspects of the academic experience. Therefore, no forms of cheating, assisting others in cheating, and/or plagiarism (passing off the work of others as if it is your own) will be tolerated.

When collaboration is necessary to complete tasks and projects, Fulton Virtual School instructors will provide students with advance notice. Thus, all work is considered an individual assignment unless otherwise noted. The following list of dishonest behaviors has been compiled to assist you. This list is by no means exhaustive, and each infraction of academic dishonesty will be handled the virtual instructor on an individual, case-by-case basis.

_Dishonest behavior includes, but is not limited to:

1. Plagiarism. Plagiarism can be defined as the inclusion of another’s ideas, words, expressions, or data in writing or presentation without properly acknowledging the source.

2. Unauthorized use of another person’s password/login. Student logins/passwords are confidential information that should not be shared with others.

3. Cheating. Cheating can be defined as the act or attempted act of deception by which a student seeks to misrepresent his submitted work as uniquely his own completed without assistance. Cheating includes copying another student’s work and submitting it as your own.

4. Impersonation. Performing work or taking an examination for another student or allowing someone to do so for you.

5. Falsification and/or misrepresentation of data. This can be defined as the submission of false or contrived data or sources.
6. Computer crimes. This may include damaging computer programs, hacking, constructing viruses, introducing viruses into a system, copying programs, etc.

Academic dishonesty will result in one or more of the following actions:

- Loss of grade points
- Removal from the course
- Failure to receive credit for the course
- Loss of eligibility to earn credits through Fulton Virtual Schools

Fulton Virtual School instructors have the authority to require that students perform other tasks or undergo additional assessments in proctored situations. If a Fulton Virtual School instructor suspects that there is a problem with academic integrity, the administrators of both the local school and Fulton Virtual School will be informed. Failure to follow these guidelines may result in removal from your virtual course without further warning.

All Fulton Virtual Students Must Agree and Adhere to the Following Academic Integrity Guidelines:

- I understand and will support and will abide by the guidelines set for in the Fulton Virtual School Academic Integrity Policy.
- I will not personally cheat (i.e., use unauthorized materials in completing my assignments and assessments), and I will not help others cheat.
- If I become aware of anyone else’s cheating or use of unauthorized materials (or any other violations of Fulton Virtual School’s Academic Integrity Policy, I have a personal responsibility to report the matter to an instructor or administrator.