

Personal Fitness

Instructors: Coach Armstrong/Coach Wyman

Couse Website: <http://faphysicaleducation.weebly.com>

School Year: 2013/2014

Meetings: 7:45am or 3:45pm

Instructor's Contact Information

Office Phone	Armstrong -(919) 453-5090 Ext. 142 Wyman – (919) 453-5090 Ext. 217
Email Address	Armstrongm@franklinacademy.org Wymank@franklinacademy.org
Planning period	Armstrong - 5 th Period Wyman – 2 nd and 7 th Periods
Other Information	Emails will be checked between 7am and 7pm and grades will be posted weekly.
Syllabus Changes	Instructors reserve the right to make changes to the syllabus as needed, and you are responsible for keeping up with those changes. Please log in regularly to class webpage to get the most current information.

Teacher Qualifications:

Coach Armstrong

B.A (Recreation and Leisure Studies) East Carolina University

M. A (Physical Education) Pembroke University

NC Teachers license in Physical Education

Franklin Academy Golf Coach

Coach Wyman

B.A From University of Western Ontario

Kineiosolgy/History

NC State Teachers License HQ in Physical Education

NASM(National Academy of Sports Medicine) CPT (Trainer Certified)

Crossfit Level 1 Certified Trainer and Crossfit KIDS Certified Trainer

Course Description

This conditioning class will focus on optimizing physical fitness in each of the 10 recognized fitness domains in exercise science. They are: Strength, Power, Agility, Balance, Flexibility, Speed, Stamina, Cardiovascular Endurance, and Coordination. Students will engage in a variety of activities focusing on the 10 components to promote physical fitness and performance in a variety of sports. Students will learn fundamental concepts and functional movements that can be incorporated in day-to-day activities and will apply concepts learned to design a personal conditioning program.

Methodology: Principles from NASM (National Academy of Sports Medicine) and from Crossfit Elite Fitness will be utilized and practiced.

Required Uniform:

PE uniform (solid navy blue shorts, gray Franklin Academy PE shirt and proper athletic shoes)

You may purchase shorts/PE shirts from Coach Armstrong or Coach Wyman throughout the semester

Shirt Cost: \$7.50

Short Cost: \$7.50

Extra Long shorts Cost: \$9.00

You must be ready to dress out with proper uniform by Thursday July 18th

Grading Scale:

70% Participation

Students will start out each quarter with a 100 average for participation. A loss of points will be deducted for the following actions:

5 points –

- Not dressing out
- Unexcused Absence
- ❖ Students may complete one current events assignment per grading period to make up for the 5 points lost for not dressing out or for an unexcused absence. The link to the assignment is listed on the class webpage. Assignments should be emailed to Coach Armstrong or Coach Wyman when completed.

1 point per offense –

- Not seated in designated area 5 minutes after the tardy bell
- Not giving maximum effort during any class activities
- Unsafe behavior
- Not following class instructions

Students cannot complete a current events assignment to make up 1-point violations

15% Assignments/Tests

Periodically we will be meeting in a classroom or mezzanine for some practical work. All students will have the opportunity to apply concepts learned to create an appropriate workout for the class. Students will also have a fitness test that shows improvement over the 9 weeks.

15% Fitness Assessments

Students will complete a fitness test assessment before progress reports and at the end of the grading period. Grades will be based on performance.

Midterm Exam: Student Lead WOD and Fitness Test 25% of Grade

Valuables

The school or the teacher is not responsible for any stolen or lost items.

Students may be excused from participation under the following circumstances:

1. Excused absence from school
2. Parent written note for up to 2 days
3. Doctor's note due to injury or illness

Class Rules and Procedures:

1. Students must be on the gym floor before the tardy bell rings, or they will counted tardy.
2. Students will be given 5 minutes to change at the beginning of class. Failure to comply will result in a loss of participation points.
3. All large jewelry, watches, hoop and large earrings, and bracelets should be removed before exiting the locker room.
4. Students are not allowed in the coach's office, equipment room, locker rooms, mezzanine, weight room, or hallways without permission.
5. No spray on product is allowed in the gym/locker room. Only roll-on or stick deodorant.
6. Report any injuries **to the teacher immediately**.
7. NO gum, candy, food or drinks are allowed in the gym.

Franklin Academy Classroom Expectations

1. Be prepared for class.
2. Be dress code compliant.
3. Follow directions the first time.
4. Be courteous to teacher and classmates.
5. Keep hands, feet and other objects to yourself.
6. Raise your hand for permission to speak or leave your desk.

1st infraction - warning (document)

2nd infraction - contact with parents (document)

3rd infraction - contact with parents & contact with administration (document)

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***Medical Conditions**

Please list below any special considerations – medical and/or physical – that might hinder participation in the physical education part of this class, also please provide me with anything that would help facilitate their success. I would be glad to set a time for us to meet if you would like to discuss further.

Please sign below and return to Mr. Armstrong after you have read and understand all of the above rules and guidelines.

Date: _____

Parent /Guardian Name (Please Print)

Parent/Guardian Signature:

Student Name (Please Print)

Student Signature
