

Centralia High School PE Department
Course Description, Policies and Procedures
For Fitness PE560/570 & Early Bird Fitness PE565/575

Course Description

Fitness class is a high level, highly intense physical education course available to all athletes in grades 10-12. Athletes in grade 9 may be placed into fitness based on availability. Early Bird Fitness class will be available to athletes in grades 11-12 before school (7:10-7:55). Eligible students must have participated and completed a sport the previous semester, or have approval from a head coach and weight room supervisor if participating in a sport during the current semester. The class will consist of intense weight training and aerobic activities. All students will be required to perform core lifts such as squats, bench press, power cleans, dead lifts, incline bench press, push press, and other auxiliary lifts. Aerobic activities required in this class may include dot drills, numerous stretches, plyometric boxes, quick ladder drills, speed improvement drills and running to improve each student's overall endurance levels.

Policies & Procedures

1. Be in the locker room and dressing when the bell rings.
2. Be in your assigned location no later than 5 minutes after the tardy bell rings. At the end of class you are not to leave the activity area until dismissed and students are to remain in the locker room until the dismissal bell.
3. Stay out of all lobbies (front trophy area and rear ticket area) unless you have permission.
4. **DO NOT BRING FOOD, CANDY, DRINKS TO CLASS**
 - a. Absolutely no gum.
5. Must wear proper uniform, socks and athletic shoes (no open toed shoes).
 - a. Proper uniform= CHS issued uniform.
 - b. Rental uniforms are available for \$.50 per day. Refusal to dress will result in disciplinary action.
6. Uniform shirts must not be altered in any way.
 - a. No ripped shirts or shirts without sleeves.
7. **ABSOLUTELY NO JEWELRY OF ANY KIND.**
8. **Always lock your locker with the lock that is assigned to you.** Place all possessions including books in your locker. If your lock is lost or stolen a new lock must be purchased for \$5.00.
 - a. **YOU ARE RESPONSIBLE FOR YOUR POSSESSIONS AND ANY EQUIPMENT (combination lock) ISSUED TO YOU, NOT THE INSTRUCTOR!**
9. Respect the school's property
 - a. Keep the locker room clean.
 - b. Stay off the gym floor until you are dressed in uniform. Do not walk on the gym floor in street clothes.
 - c. Leave all equipment alone until the instructor gives permission to use it.
 - d. Follow instructions on safe and proper use of equipment.
 - e. Do not touch or hang on rims or nets of any basketball goals.
10. Respect Others
 - a. Practice good hygiene. Wash your P.E. clothes on a regular basis.
 - b. Keep hands, feet and other objects to yourself. **HORSEPLAY WILL NOT BE TOLERATED IN THE WEIGHT ROOM. THIS BEHAVIOR IS GROUNDS FOR AUTOMATIC FAILURE AND DISMISSAL FROM CLASS FOR THE SEMESTER!**
 - c. No profanity, put downs or other verbal abuse.
 - d. **ALL teachers** will be given respect, just as your assigned teacher.
11. **If during this course you are dismissed from a sport/activity or you voluntarily withdrawal (quit) you will be reassigned to PE520/530 or PE540/550. You will not be eligible again for this course until the coach of your next sport submits a written request for you to be placed back into Fitness P.E. and approval from the Fitness P.E. instructor.**

Consequences for choosing to disregard any of the above rules...

1. Verbal Warning/Extra conditioning unless otherwise noted consequence.
2. Discipline Referral to the Assistant Principal.
3. Removal from Class.

SEVERE OFFENSES will automatically be dealt with by the administration.

Safety

SAFETY IS THE NUMBER ONE PRIORITY WHEN IN THE WEIGHT ROOM!

Always be aware of your surroundings and think before you act!

REPORT ALL INJURIES TO THE INSTRUCTOR IMMEDIATELY.

An accident report must be completed and placed on file in the Health Office.

Medical

A student may be excused from Fitness PE, ONLY if a note from a parent/guardian is brought to the instructor prior to class. The note must include date, reason for the excuse, parent signature and a phone number where the parent/guardian can be reached. The note will be honored for ONE DAY only. *The student is still required to dress even with a parent's note and may be required to complete an alternate assignment related to P.E.* A doctor's excuse is required after two days. If a doctor's note is not received, the student will be required to participate or no credit will be given. If a doctor's excuse is longer than 4 weeks and does not allow the student to complete activities described in the course description the student will be assigned to a study hall and required to complete an alternative assignment for credit or the student may be assigned to adaptive P.E. if necessary.

Grading

Grades in Fitness P.E. are calculated into the accumulated GPA.

Grades are earned by the following standards:

1. **Participation.** Points are awarded for completing daily workouts as described in the course description. Make up assignments/workouts for excused missed workouts are available for credit and encouraged.
2. **Improvement.** This will be graded by increases in strength and/or fitness levels determined through skills tests given throughout the course. (i.e. lifting max, 20 yd dash, pro-agility, vertical jump, etc.)
3. **Organization.** Students are required to keep a permanent file with their weekly workouts, quizzes, tests, and make up work. This file should be kept in an orderly fashion.
4. **Knowledge.** There will be written quizzes and tests concerning proper techniques, safety guidelines and general procedures of routines that each student will be required to complete.
5. **Attitude.** This percentage of the overall grade is an objective grade given by the instructor on the students overall dedication and commitment to bettering his/her self at each workout.

THIS IS A COURSE FOR DEDICATED ATHLETES
WITH A DESIRE TO INCREASE THEIR PHYSICAL & MENTAL ABILITIES,
BE PREPARED TO TRAIN EVERYDAY!

MANY ATHLETES HAVE A DESIRE TO WIN,
BUT YOU MUST HAVE THE DESIRE TO PREPARE TO WIN!

Student's Signature _____ Grade: _____

Parent/Guardian signature _____

(Parent/Guardian PLEASE read this carefully)