**Personal Fitness Course Syllabus**

**Goal: To increase students’ wellness knowledge, so that each student may increase their quality of life, become healthier and more knowledgeable consumers.**

**Instructor: Coach Moncus**

**Email:** [**mmoncus@paulding.k12.ga.us**](mailto:mmoncus@paulding.k12.ga.us)

**Meeting place: Main gym**

**Rules & Responsibilities:**

* Come to class with an open mind, prepared to learn something new.
* Show respect to others.
* Do not do anything to injure yourself, someone else or property.
* No gum, food (especially candy) or drinks except for water is allowed in the classroom or gym.
* **Absolutely no electronic devices out during class.**
* Athletic socks, shoes, shorts/pants; shirts must be worn to be considered dressed. All dress out clothing needs to be a change from school clothes. No zippers, belt loops, cutoffs on shorts/ no buttons or Collars on shirts.

*THE P.E. DEPT RESERVES THE RIGHT TO DISALLOW ANY CLOTHING DEEMED INNAPPROPRIATE*.

* Please do not bring anything of value to school. If it is unavoidable, lock the valued item(s) up or bring to your teacher. *The PE dept will not be held liable for the lost, stolen or damaged items*.
* Students are responsible for any **make up work**. An excused note from parent, must accompany any request for make up work within two days of absence. Please have at least 2 people in class that you can call on to receive the day’s assignment.
* If a non-dress excuse lasts more than 3 days, then a doctor’s note or other legal excuse must be brought.
* All other school rules apply.
* Students are expected to control their own behavior.

**\*\*Credit earned: ½ Carnegie unit for Health, ½ Carnegie unit for Personal Fitness. \*\***

**\*\*Class is required for graduation. \*\***

**DISCIPLINE:**

1. Push-ups- (Personal improvement)
2. Parent contact (and increased personal improvement)
3. Detention
4. Parent conference/referral

**GRADING SYSTEM:**

* Personal Fitness: Participation/Dress out 71% / **Fitness Assessments (mile run)**  29%