



Personal Fitness Syllabus
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Course Objectives

As the title implies, this will be a ‘personal’ course. It represents a departure from sports-oriented gym classes and recognizes the importance of lifelong fitness. You will learn how to assess your own health and fitness levels and, based on this assessment, will be able to design your own health and fitness program. You will also learn how to maintain a desired level of fitness, once you have reached an appropriate level.

Every day that we meet, you will exercise in some way. You will be expected to perform only at your level and in order to achieve personal gains. The first 9 weeks focus on cardio conditioning through walking, jogging, running, circuit training, HITT workouts, etc. (and culminate in a 5k or 10k race). The second nine weeks focus on strength conditioning and circuit training. BUT, we get a balanced workout every day.

You will have fun (if you want to)! We will use lots of methods to get us using our hearts without our being too aware of it, and we get very creative in using the weight room, gym and the outdoors to work out. **Be prepared to be outside if the temperature is over 32 degrees.**

You must have appropriate “gym” shoes and workout clothing. You have access to lockers and can shower if you are concerned about offending folks in your next class. Please don’t bring personal items to class. Don’t forget your water bottles!



Student Evaluation:

Approximately 35% of your grade is academic. Each Wednesday we will discuss the topic. The power point presentations are posted on the class website for your review. You will take a quiz on the material, generally every week on Mondays.

Completion of two fitness assessments (100 points)

Weekly quizzes and or assignments 20-50 points

District Common Assessment 60 points

Comprehensive final exam **OR participation in the organized road race.**

Participation/Effort/Sportsmanship: Everyone receives 20 points/day

Points are deducted when:

You’re not dressed for class

You’re absent, tardy, leave early

You’re effort stinks

Phones: I recommend bringing them and using them to take notes, Occasionally, you will need to use map my run (a free app). May use music but with only one earbud so you can hear me and others. Feel free to take notes with your phone as I talk

An important note about attendance:

This is largely a participation-based class and its required. If you miss class, your grade goes down. But keep in mind that when you accumulate lots of absences, you lose credit as well. **If you miss class you should make up the workouts.**

Make-ups:

Complete within a week of absence

For excused absences only:

45 minute Map My Run or dashboard of cardio machine

Cardio-based fitness class

Athletes: Two practices with coach's verification acceptable

All make-ups should be described in a paragraph or 2

Ex: state what you did, did you meet your goal? distance, reps, weight training log, heart rate etc.

All make-up workouts need either a parent or coach's signature to verify.

Make up missed quizzes within a week.

Six absences or more (excused or unexcused) mean .25 credit.

Think about this seniors!

Injury/Illness:

- Notes to excuse students can only be accepted if they're from a medical doctor. Notes from parents or guardians are not accepted and the participation grade will be recorded as a zero for the day. If you are not feeling well, we recommend you get dressed and let us know you are not feeling well and do your best for the day. If an injury has happened to the student and the doctor has said they can't participate, there must be a clearance date on the documentation or a clearance letter must be turned in stating when the student is allowed to return to class. Any days missed for an injury or a medical excuse must be made up. If the length of time extends past the end of the semester, that student will be issued an "I", and will have to make up the time after the semester has ended.

**IT'S NOT ABOUT
PERFECT. IT'S ABOUT
EFFORT. AND WHEN YOU
BRING THAT EFFORT
EVERY SINGLE DAY,
THAT'S WHERE
TRANSFORMATION
HAPPENS THAT'S HOW**