Alpharetta High School

 **Personal Fitness Syllabus**

**Instructor:** Coach Hampton

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**Websites:** [**https://ahsfhampton.weebly.com/**](https://ahsfhampton.weebly.com/)

**Office Number:** 6208

**Topics to be Covered:** Cardiovascular Fitness, Weight Training, Developing and Assessing Fitness Components (flexibility, muscular strength, muscular endurance, body composition, and cardiovascular fitness), Nutrition, and Development of a Personal Fitness Plan.

**Evaluations**

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| --- | --- | --- |
| Major: | Test / Projects |  30% |
| Minor: | Dress/Participation |  50% |
| Practice:  | Exercises of the Day |  0% |
| Final Exam Grades: | Final Exam |  20% |

**Course Overview**

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| 1) 08/09-13 | Introduction and fitness gram |
| 2) 08/16-20  | Chapter 1 Benefits of Personal Fitness |
| 3) 08/23-27 | Chapter 2 Benefits of Personal Fitness |
| 4) 08/30-09/3 | Chapter 3 Exercise Safety  |
| 5) 09/07-10 | Chapter 4 Health Related Fitness |
| 6) 09/13-17 | Chapter 5 Skill Related Fitness |
| 7) 09/20-09/24 | Chapter 6 Principles of Training |
| 8) 09/27-10/01 | Chapter 7 & 8 Nutrition  |
| 9) 10/4-8 | Chapter 9 Body Composition |
| 10) 10/12-15 | Chapter 10 Stress |
| 11) 10/18-22 | Chapter 11 (Structure) & 12 Cardiovascular (benefits of physical activity) |
| 12) 10/25-29 | Chapter 13 Muscular System Structure  |
| 13) 11/1-11/5 | Chapter 14 Muscular System Function |
| 14) 11/8-12 | Chapter 15 Flexibility |
| 15) 11/15-19 | Chapter 16 Program Design |
| 16) 11/22-24 | Chapter 17 Being a Consumer of the Fitness Industry Chapter 18 Lifestyle Fitness |
| 17) 11/29-12/3 | Review Week |
| 18) 12/6-10 | Post Fitnessgram |

**Expectations:** Students are expected to dress according to the PE dress code and participate daily. Students who fail to make this requirement will be given an alternate assignment to be completed for partial participation credit. Students are expected to be in the gym when the bell rings. The school tardy policy still applies to PE. Students shall display appropriate behavior as outlined in the student handbook. Students will display good sportsmanship and follow all safety guidelines during all activities. Students are to treat all PE equipment with care and will be held responsible for the equipment used. Students are required to remain with the class at all times. Running is a major part of fitness and will be expected of all students. No headphones of any type will be allowed in the gym or PE area.

**Dress Code and Lockers:** Students are expected to wear PE clothes and **non-marking athletic shoes**. A good pair of running shoes is recommended. School dress code still applies. Students are responsible for the safety of all personal belongings. The AHS Department will provide a rental of a locker for the semester at a cost of $5 for the locker and a combination lock.  The student is responsible for turning in their lock at the end of the semester or a replacement fee of $5 will be assessed. Students who do not dress out are required to stand with the class and not allowed to do work for other classes. The locker room door will be locked after the class dresses out and will not be unlocked for any reason until class is over. If you are late without an excused pass and unable to dress out it will be marked as a dress cut.

**Injuries and Illness:** Students are allowed to be excused and make up physical activity with a note from a parent. A doctor’s note is required to be excuses for longer than 4 days. The doctor note should include what exactly a student may and may not do and a date for when they can return to full participation.