Personal Conditioning/Fitness

As the title implies, this will be a “personal” course. It represents a departure from sports-oriented gym classes and a recognition of 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 personal fitness program. You will also learn how to maintain a desired level of fitness, once you have reached an appropriate level.

**You will work out!** Every day that we meet, you will exercise in some way. You will be expected to perform only at your own level and in order to achieve personal gains. The first 9 weeks focus on cardio conditioning through walking, jogging, running, circuit training, HIIT workouts, etc., (and culminate in a 5k or 10k race). The second 9 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 Fitness 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.** This translates to clothing that you wouldn’t wear to the rest of your classes. You MUST lock up your things, either in your school locker or a locked gym locker. **Please don’t bring personal items to class.**

**About 35% of your grade is academic.** Each Tuesday we will discuss a Unit topic. In addition, you will complete the reading from on-line Fitness for Life. And I will post the topic powerpoint. Both are available on Google Classroom each week, and you will take a quiz on the material, generally every week.

**Grades are based on:**
- Completion of two fitness assessments (weather permitting) – (50 pts.)
- Weekly quizzes and/or assignments (20 - 35 pts.) – generally on Fridays.
- District Common Assessment – (30 points)
- Comprehensive final exam – **OR participation in the organized road race. (100 pts.)**
- Participation.
  - Everyone begins with 20 points earned per day. Points are deducted when:
    - you’re not dressed for class
    - you’re not here/you’re tardy
    - your effort stinks.
    - you leave before class is over or come after class has started

**Phones:**
- Every Tuesday, I recommend bringing them and using them to take notes.
  - Occasionally, you will need to use MapMyRun (a free app you will need to download).
- Rarely, you will be able to use them to listen to music when you run.
- Mostly, you will leave them in our phone box located in the fitness room.
An important note about attendance:

This is largely a participation-based class, and it is required. If you miss class, you miss what we did, and your grade potentially goes down. But keep in mind that when you accumulate lots of absences, you lose credit as well. If you miss more than three times (excused), you should make up the workouts. Here’s how:

Make-ups:
- complete within a week of absence
  - every Tuesday at lunch (counts as ½ class)
  - 45-60-minute Map My Run or dashboard of cardio machine
  - email and signature of instructor of cardio-based fitness class
  - athletes: one practice with coach’s verification acceptable
- make up missed (as a result of an excused absence) quizzes within a week

Six absences or more (excused or unexcused) means .25 credit. Think about this, Seniors!

Injury/Illness:
Three excused absences are acceptable. If you come to school but feel ill, you have three options for participating in class:

1. Go home. If you’re sick, go home and get better.
2. Go to the clinic. You may lie down in the CR clinic the whole hour with parent permission.
3. Participate. If you’re well enough to be in school, you’re probably well enough to participate at some level.

If you cannot participate for more than one class due to injury or long-term illness, you will produce a medical excuse, and depending on the duration of the injury, either make-up the classes or get a medical waiver.

My info: Robbie Stapleton: email: stapleto@aaps.k12.mi.us. Phone - 994-2025 (school).

Remind – Get codes from me in person.

Google Classroom – Get code from me in person.