

Total Body Conditioning Contract

Hello Parents/Guardians and Students,

Total Body Conditioning (TBC) is a class designed to get students into shape. Students will be expected to put forth a high effort level on a daily basis. Students are also expected to learn about the 5 health related components of fitness (cardio-respiratory, flexibility, muscular strength, muscular endurance, and body composition).

Please sign and return this page indicating that you have read and understand the syllabus. Keep the syllabus for your records. – *Phil Keller*

Student Contract

- I agree to put forth a high level of effort on a daily basis.
- I agree to be a positive influence and encouraging to everyone in class.
- I agree to follow all behavior rules in the weight room and gym.
- I agree to follow all safety protocol.
- I agree to always show a high level of respect to all leaders.
- I agree to be honest at all times.

Printed Student Name _____

Student Signature _____

Date _____

Parent Signature _____

Date _____

East Mountain High School

Total Body Conditioning

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Class Information/Assignments: <https://sites.google.com/site/emhspe/>

Total Body Conditioning is an elective designed to teach the components of exercise prescription while allowing each student to get physically fit. Students are expected to set personal fitness goals and work diligently to achieve them. Students will be tired, sweaty, sore, hungry, and exhilarated after a TBC class.

Learning Targets

After successful completion of TBC, students will meet the following learning targets:

- I have the skills to move correctly in a variety of physical settings.
- I have improved fitness.
- I have the knowledge to be healthy.
- I can make personal decisions that will have a positive impact on personal fitness and health.
- I practice healthy behaviors inside and outside of school.

Activities, Units, and Topics to be Covered

- Lifetime fitness activities (running, strength training, flexibility, pilates, yoga, aerobics, etc)
- Fitness Testing (FitnessGram)

Grading: A – 100-90%, B – 90-80%, C – 80-70%, NG – Below 70%

Activity Days (~60% total grade)

Students will be graded on the following criteria during activity days. Each day is worth 10 points. Failure to meet these guidelines will result in loss of points.

- 1. I will put forth a high level of effort to meet the class and daily goals.**
Each day learning targets will be set you it will be your goal to meet those.
- 2. I will come on time and be prepared for class.**
Wear appropriate shoes and clothing for activity - tennis shoes, t-shirt and shorts, etc.
Tardies = Loss of extra time to return to school from gym.
- 3. I will willingly participate in all activities, projects and assignments.**
If a student chooses to *not* participate, he/she will be choosing to receive 0 points for the day.
- 4. I will cooperate well with my classmates.**
This includes being supportive and encourage all students to fully participate.
- 5. I will bring a positive attitude to class and be encouraging to others.**
No complaining!
- 6. I will treat the VGCC, the gym, and all supplies with respect and help with set-up and take-down.**
All procedures must be followed at VGCC and behavior must be appropriate.
- 7. I will listen and follow all instructions given.**
- 8. I will behave appropriately in the locker room.**
No cameras, cell phones, and music players are allowed.
- 9. I will participate in a safe and careful manner.**
- 10. I will fill out my journal on a daily basis.**

Assignments and Tests (~20% total grade)

- This includes skill and knowledge testing.
- Each individual assignment and test will be assigned a point total based on importance.
- There will be homework and studying in physical education!
- Late work will lost 10% per day. After 10 school days, the assignment is worth zero credit.
 - Student is responsible to make arrangements for excused absences.

Fitness Testing (~20% total grade)

- EMHS utilizes FitnessGram testing protocol to assess the fitness at the beginning and end of the school year.
- Students will be assessed on **effort** and **improvement** from the first to the last test.

Make-Up and Extra Credit

- All EMHS policies will be followed in regards to absences.
- School sponsored absences must be recorded in journal *prior* to absence for full credit.
- **Missed assignments or tests are the student's responsibility to make arrangements for make-up.**
- Only excused absences are allowed to be made up.
- All make-ups must be completed **within 5 school days (1 week) of absence**, unless otherwise arranged, for full credit.

Make-Up:

- **If a student misses a PE class for an excused reason (sickness, doctor, vacation, etc) the class must be made up! Your options are:**
- 90 minute workout at school with instructor present.
- 90 minute workout outside of school and have make-up card filled out and signed by guardian.

Extra Credit:

- EC can be done outside of class by doing activity and filling out make-up slip for 5 points.
- Only 1 extra credit assignment can be done per week for credit.

Medical Excuses: It is the student's responsibility to communicate with the instructor *prior* to class when a physical condition will affect class participation and/or performance. Activities will be modified as necessary. A doctor's excuse will be needed for exemption from activities for more than 2 classes and make-up will be required.

Etcetera

Effort: Each day you are expected to put forth a high level of effort. Anything less than your best will result in poor grades.

Positivity: Keep the attitude upbeat. Negative talk will not be tolerated.

Communication: Honest and truthful communication is essential for successful education to take place. Please contact me anytime you have a question or issue.

Choice: Each student has choices to make on a daily basis. These choices result in either positive or negative consequences. Making positive choices will lead to positive results.

VGCC: We are very proud of the gym and our relationship with VGCC. You must follow ALL procedures regarding gym and field use. Appropriate behavior is expected at all times.

Locker Rooms: You are responsible for your valuables. Lockers are available but bring your own lock to secure your possessions. We have had thefts in the past.

Cell Phones: Cell phones are not allowed to be used at anytime during PE classes. DO NOT bring your cell phone to class. Keep your phone put away, or it will be confiscated.

Music Players: Music players are only allowed at certain times and with permission.

Behavior Policy

1st Offense --- Teacher Intervention/Reminder to stay on task.

2nd Offense -- Second intervention results in loss of all participation points for the day.

3rd Offense --- Third intervention results in the student being asked to leave class for the day and parents/guardians being contacted.

***Any actions that are deemed by me as *severe*, will result in immediate removal from class.