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## [Foundations of Physical Fitness] Course Syllabus 2020-21

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**Instructor:** Ashlee Joseph    **Email:** [ashlee.joseph@houstonisd.org](mailto:ashlee.joseph@houstonisd.org)    **Room:** Gym

**Office Hours:** Monday (3:25pm-4:10pm) & Tues-Fri (1:50pm-2:35 pm) [[Office Hours Link](#)]

### Description

Course Overview: The Waltrip High School physical education department is based on the premise that physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Throughout various activities, students in our program will learn how to incorporate physical activity into their daily lives. In addition, we hope to instill enjoyment of physical activity, as well as an understanding of the importance of maintaining physical fitness.

**Note: A year (2 semesters) of PE credit is required to graduate**

### Expectations and Goals

1. Respect the rights and property of others
2. Follow directions
3. Be prepared for class – dressed out
4. Abide by the rules of the WHS handbook always during class
5. Complete Assignments on the Hub

### Grading Rubric

50% Attendance/Dressing Out (On time and dressed out is a 100% for the day)

30% Participation (Following directions, fully engaged, student centered learning will yield a 100% for the day)

10% Test

10% Percent Warm & Do Now

**Unit 1: Personal Fitness/Safety:** This two-part unit provides an opportunity for students to explore the benefits of exercise and fitness associated with the performance of daily activities and the demands of everyday life

**Unit 2: Accessing Individual Fitness Levels:** This two-part unit focuses on students acquiring knowledge and skills necessary to participate in the Fitness Gram to assess personal fitness in health-related skills and apply sound nutritional values and safe practices during activities

**Unit 3: Goal Setting:** This two-part unit focuses on setting and designing specific and realistic personal health-related fitness goals to achieve optimal personal fitness to meet the challenges of daily demands as participating in lifetime recreational activities.

**Unit 4: Personal Fitness/Safety:** This two-part unit explores why exercise and fitness are important to perform daily activities, the demands of everyday life, including: applying rules and procedures designed to promote safe practices associated with physical fitness, Address conditioning, nutritional practices and safety procedures as well character development and risky behaviors.

**Unit 5: Accessing Individual Fitness Levels:** This two- part unit focuses on students acquiring knowledge and skills necessary to participate in the Fitness Gram to assess personal fitness in health- related skills and apply sound nutritional values and safe practices during activities.

**Unit 6: Goal Setting:** This two-part unit focuses on setting and designing specific and realistic personal health-related fitness goals to achieve optimal personal fitness to meet the challenges of daily demands as participating in lifetime recreational activities