

SEASIDE HIGH SCHOOL COURSE: BODY SCULPTING

Course description: Various fitness activities to provide a basis for future adult fitness endeavors.

Instructor: Ginny Hamer Email: gghamer@seaside.k12.or.us

Course objectives:

- 1. Students will experience a variety of fitness activities for optimal health benefits.**
- 2. Students will develop perseverance, goal setting, courtesy, and social skills**
- 3. Students will achieve improved, higher levels of personal fitness.**

Class activities: Step/dance aerobics, pilates, weight training (dumb bells, free weights, kettlebells, exercise bands), fit balls, medicine balls, circuit/boot camp training, kickboxing, cardio runs /power walks, muscle group workouts (legs, abs, arms, chest, back, etc), occasional recreation games.

Dress Policy: Students will be required to dress in PE clothes every day. Proper attire includes: T-shirt or sweatshirts, athletic shorts or sweats, socks and non-marking gym shoes (no flip flops or bare feet. Not dressing down and participating is not being prepared for class and will be subject to disciplinary action.

Tardy Policy: Students will meet in the gym immediately after the tardy bell rings. \if you are not in the gym at that time you will be considered tardy. School tardy policies will prevail. You will have 5 minutes to dress for class; if you are tardy for warmups, points will be deducted from your daily grade.

Medical Information: If you are injured or ill, you must bring a note from a parent or guardian to be excused from any pe class. If the injury or illness lasts longer than 2 days, you must bring a note from a doctor. With certain injuries, it is still possible to participate in class by modifying your workout.

Locker room / gym behaviors/expectations:

***Students are responsible to bring a towel for their personal use.**

***Students will be issued one basket/locker and lock. Lost/damaged locks will cost \$10.00 to replace. Please lock up your valuables and personal items.**

***NO CELL PHONES/ELECTRONICS ARE TO BE USED DURING CLASS WITHOUT INSTRUCTOR APPROVAL. LEAVE PHONES LOCKED UP. IF YOU ARE SITTING OUT, YOU WILL NOT BE ALLOWED TO USE YOUR ELECTRONICS EITHER WITHOUT APPROVAL**

****Do not leave the class area without instructor approval. Be courteous and help with equipment set-up and clean – up.***

****Do not LEAVE EARLY AT THE END OF THE PERIOD OR GO INTO THE HALLWAYS OR PARKING LOTS BEFORE THE BELL HAS RUNG. REFERRALS WILL BE ASSESSED.***

GRADING: Students can earn up to 10 points per day based on dressing down, active participation and effort/attitude. Students will be deducted points if any of the following occur: failure to dress down, foul language, poor attitude/behavior, absence/tardy, lack of participation and effort.

MAKEUP WORK: Students may not make up unexcused absences. To make up a missed day, students must exercise 30-40 minutes and bring in a signed note verifying the activity performed and date, length of time of activity and description of workout. Makeup work will receive $\frac{3}{4}$ credit.

OREGON COMMON CORE STATE STANDARDS:

- 1. 9-12 RST.4 Determine the meaning of symbols, key terms, and other domain specific words and phrases as they are used in a specific scientific or technical context relevant to topics.***
- 2. 9-12 RST.7 Translate quantitative or technical information expressed in words in a text into visual form and translate information expressed visually or mathematically into words.***