

## Syllabus "Respect Contract"

### **Cardio and Core/Extreme Fitness and Conditioning Rules, Regulations, and Expectations**

- HOW CAN I SHOW YOU RESPECT?

Respect for you: \_\_\_\_\_

- WHAT ARE YOUR PET PEEVES? (what gets on your nerves) (1 in school and 1 out of school)

#1. \_\_\_\_\_

#2. \_\_\_\_\_

Class Expectations (how you can respect your classmates/teammates/competitors and myself):

Behavior:

*(Demerits)* Fighting/touching in a physical way (slap boxing or hitting, tackling, wrestling), Tardy's, Leaving Class without permission, Having phone out in class, continual talking after being asked/warned to stop, having food or drink open in class, not being seated when the begin class timer goes off

*(Intervention Procedure)* 1. Verbal Warning, 2. Demerit and Verbal 2 3. Report to Mr. Young  
-If behavior trends such as dressing out or lack of participation (including doing alternate assignment) become consistent (more than 3 times) I have to make a phone call home for a verbal conference with a parent/guardian. Neither of us want this option. Lets just do what we need to in order to co-exist and have a great semester.

*(Merits)* Displaying character traits/actions that support and promote our school and class regulations.  
Examples: helping others succeed, having a positive attitude towards classmates, helping to take care of our facility by picking up trash or equipment

*(Silence Signal During Class)* When I raise my hand I will have a number 1-5 held up and it is your responsibility to flash that number back up at me and give me your attention by making eye contact with me until I start teaching/talking. I also use various countdown timers to start class or other certain activities; when the timer expires just show me you are ready for instruction by "giving me your eyes" which means make eye contact with me and eliminate distractions such as having cell phones out or talking to your classmate.

Class Procedure List:

*(Begin Class)* Enter class, find a seat on the bleachers, and get out your workout log before the wall timer runs out, look for silence signal from teacher, listen for your name during attendance roll call, get dressed and return to your seat before the "dress out" timer runs out (8 min.) Failure to be back to your seat when the timer runs out can result in demerits or loss of participation points for the week.

*(End Class)* End class by dressing back into school attire and completing an exit slip for class if requested by the teacher.

### Dress Expectations:

No headgear including **hoods, hats, toboggans**, sunglasses.

Must go by school dress code; if dressing out you must have clothing that is respectable and appropriate in length and properly cover your body. You are NOT required to dress out as long as you can participate in each activity without your attire getting in the way. (Example: doing squats will not work in a dress) You will be rewarded if you dress out with **bonus credit** to your participation grade, Side Note: if you play basketball or a high energy activity and sweat you WILL smell for the rest of the day and changing clothes and using deodorant will solve this issue.

### Grading:

Letter Grade	Score
A	100-90
B	89-80
C	79-70
D	69-60
F	Below

-Factors Affecting Grade: Cardio and Core/Extreme Fitness and Conditioning Test/Quizzes, Workout Preparation and Participation, Classwork, Fitness Analysis Improvement Score. All grades will be either Formal or Informal; formal is your projects, test, quizzes and Informal grades are all other classwork and participation grades.

I \_\_\_\_\_ (student signature) promise to do my best at upholding this "respect contract" with my teacher. I realize these rules are made to help our class run smoothly and create an atmosphere of respect between myself, my teacher, and my fellow classmates.  
\_\_\_\_\_  
\_\_\_\_\_ (parent signature)

- A parent signature will earn you a responsibility merit (+1) and (+5) bonus points on your first test. (must be signed and returned within the first two class periods to receive bonus)
- Your signature will earn you a responsibility merit (+1) and (+3) bonus points on your first test. (must be signed and returned within the first two class periods to receive bonus)

## Cardio And Core & Extreme Fitness

- Agility, Power, Balance Development
- Cardiovascular Endurance Development
- Muscular Strength and Endurance Development
- Circuit/Interval Workouts
- Fitness Assessments (Pre and Post)
- Body Composition Analysis
- Components of Skill-Related Fitness
- Nutrition Guidelines
- Injury Prevention
- Safety Guidelines
- Relevant Fitness and Wellness Issues

### Learning Outcome 2:

The student will develop an understanding of the skill related components of physical fitness and incorporate speed, balance, coordination, power, agility and reaction time and the effects that activities such as Extreme Fitness, as a form of exercise, may have on those components of physical fitness.

### Learning Outcome 3:

Students will improve speed.

Performance Objective/Method(s) of measurement for each objective:

1. The student will run the 40 yard dash for time.
2. The student will run the 3 cone shuttle for time.

### Learning Outcome 4:

Students will improve vertical jump.

Performance Objective/Method(s) of measurement for each objective:

1. The student will perform the vertical leap test.

### Learning Outcome 5:

The students will develop an understanding of the health related components of physical fitness and incorporate cardio-respiratory endurance, muscular strength, muscular endurance, flexibility training and body composition and the effect that activities such as Extreme Fitness, as a form of exercise, may have on those components of physical fitness.

Performance Objective/Method(s) of measurement for each objective:

1. The students will demonstrate knowledge by scoring 70% or higher on the written examination (Midterm and Final Exams).

### Learning Outcome 6:

Students will improve cardio-respiratory endurance.

Performance Objective/Method(s) of measurement for each objective:

1. The students will demonstrate the ability to exercise aerobically for 20 to 60 minutes at an intensity of 70-85% of heart rate. This will be measured by performance and heart rate checks.
2. The students will complete a timed run. This will be measured by appropriate cardio-respiratory endurance performance tests.

### Learning Outcome 7:

Students will improve muscular strength and endurance.

Performance Objective/Method(s) of measurement for each objective:

1. The students will demonstrate the ability to execute muscular strength and endurance activities using resistance equipment, free weights, body bars, and calisthenics. This will be measured by appropriate performance tests.
2. The students will be able to perform timed upper body, lower body, and torso tests. This will be measured by appropriate strength and endurance performance tests.

### Learning Outcome 8:

Students will positively affect their body composition.

Performance Objective/Method(s) of measurement for each objective:

1. The students will participate in aerobic activities to burn fat. This will be measured by performance.
2. The students will participate in resistance activities to build muscle. This will be measured by performance.
3. The students will determine current levels of body composition by assessing their body fat. This will be measured by appropriate body composition analyzing tests.