

NOUVEL CATHOLIC CENTRAL HIGH SCHOOL

CO-EDUCATION FITNESS SYLLABUS

COURSE DESCRIPTION:	Co-Education Fitness class is an elective class for students in the grades of 10-12th. The main description of the course is to demonstrate and show students how to stay in shape and take care of their bodies.
MAJOR COURSE GOALS:	The student's major course goal is to understand the importance of physical fitness and exercise. They will understand that some of the exercise demonstrated are considered to be a life-long skill for example running, walking, doing push-ups and sit-ups. The students will learn various exercises: Cardiovascular, Muscular, agility, flexibility, and strength training. The focus is on total body health. By total body health the students will learn to eat right, and know the damage Anabolic Steroids can cause the body.
COURSE ASSESSMENT PLAN:	The students are assessed majority of the semester on participation. Students will need to dress every day for their participation grade, and try to the best of their ability. If this becomes a trend the student will be referred to administration. The students will do a fitness test mid-term and toward the end of the year to see if they have progressed.
SUPPLIES AND MATERIALS NEEDED:	Students have no books, or materials. They do have to dress according to Student Handbook. Students also need to bring their own lock as I am not responsible for any lost possessions. Being dressed for any of gym classes consists of; athletic shorts, white, royal blue, or NCC t-shirts, or a college shirt. The shoes must be athletic shoes (basketball, training, walking and running shoes). Ladies are allowed to wear leggings but not yoga pants to gym class. If wearing running shorts there must be spandex underneath. When wearing a t-shirt there should be no cleavage or mid-drift showing. Failure to comply with this expectation will result in a loss of points, and email home.
EXTRA HELP:	Students will have access to my weight training or fitness books to try out new exercises.
INSTRUCTIONAL PHILOSOPHY:	My instructional philosophy towards Co-Educational Fit is for the students to learn, and have fun at their own pace. I will not push the students, they will be held accountable for the time that they have with me. If I see they are

	<p>not at task, then they will be marked based on their overall participation. I will teach to the student's best strengths and use differentiated instruction.</p> <ul style="list-style-type: none"> • I will demonstrate the move and watch the student to make him/her understands the exercise. • I will, use a visual aide to assist. • I will use constructive criticism when needed. • I will be fair and honest with my students.
MAJOR COURSE PROJECTS AND INSTRUCTIONAL ACTIVITIES:	There is no real major course projects. The instructional activities will include a variety of workout; sprints, distance run, agility, strength conditioning, and no equipment workouts. They will also have an activities in which they can play basketball, soccer, and air-force football.
CLASSROOM EXPECTATIONS:	Each and every student must be respectful of each other, encourage one another, be positive, and do the best that they are capable of doing within their own ability. I expect each student to be prepared for class unless told otherwise by me.
HOMEWORK POLICY AND GRADING SCALE:	There is no homework. Grading scale is according to Nouvel's grade scale. The students are being graded on a daily 10 point scale. With pre-and post-fitness test the students will be graded on 100 point scale.
CONTACT INFORMATION:	
Teacher:	L. Scott Frankland
Email Address:	sfrankland@sacschools.org
Phone Number:	989-791-4330 ext.2454