



## **“Personal Fitness” Course Information**

**Mr. Jansky**

This semester course is designed for students who are serious about improving their overall health and fitness. Emphasis will be placed on proper nutrition, lowering resting heart rate, and improving body composition, muscular strength, and cardiovascular endurance. Students will spend the first 10 – 15 days in the classroom learning about the benefits of regular exercise, discussing exercise and nutrition terminology and concepts, establishing individual health and fitness goals, and completing a series of fitness tests. Students will then establish four specific, realistic, and measurable categorical goals:

- 1.) Resting Heart Rate Goal (Determine current RHR and reduce by 5 BPM)
- 2.) Body Composition Goal (Lose, gain, or maintain weight)
- 3.) Cardiovascular Fitness Goal (Time for mile run/walk)
- 4.) Muscular Strength Goal (Weight for maximum bench press)

Once goals are established, students will then spend the remainder of the semester performing a variety of daily workouts specifically designed to help students achieve their goals. Workouts will include running, stretching, fitness stations, plyometrics, weight training, and fitness games and activities. Students will be in the weight room on Mondays, Wednesdays, and Fridays working on the weight and fitness machines. Students will meet in the gym or pool on Tuesdays and Thursdays. Tuesdays will be fitness activity days (fitness stations, swimming, Tae Bo, etc.) Thursdays will be game days (Team Hand Ball, Dodgeball, Badminton, Volleyball, Kickeball, etc.) Basic fitness checks will be performed at the beginning, middle, and end of the semester to chart progress and determine if students are achieving their health and fitness goals.

**“Personal Fitness” is primarily a participation class!** Consequently, attendance is extremely important and students are expected to participate at a high level as they work to achieve their personal health and fitness goals. **This is not a class for lazy, unmotivated students!** Grades will be broken down into the following three categories:

- 1.) **PARTICIPATION**: Students will have the opportunity to earn ten points a day for daily participation (Approximately 450 points each quarter). Daily participation grades will be based on promptness, proper dress, ability to stay on task, and adhering to TRHS Physical Education policies and procedures.
- 2.) **ATTITUDE/EFFORT**: Students will have the opportunity to earn an additional 300 attitude/effort points each quarter. Attitude and effort grades are based on overall attitude and effort exhibited while striving to achieve established goals.
- 3.) **WRITTEN WORK**: Students will be assigned a limited amount of written work (goal setting assignment, 100-point written test, 100-point typed reflection, etc.).

**Note**: Points will be entered in “Skyward Family Access” and grades will be assigned according to TRHS’s standard scale. Any concerns regarding grades should be discussed with me immediately!