

Vista Murrieta High School

Body Composition

Instructor: Coach Hansen
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Course Description: Body Composition is designed to teach fitness principles that will enable students to develop a lifetime interest in exercise and fitness based mostly on overload training. Students will be taught and encouraged to maintain wellness throughout their life. An emphasis will be placed on correct form, individual planning, safety, respect and encouragement.

Activities: Students will utilize the weight room, fitness lab and other facilities and equipment to learn the intensity and volume needed to cause an adaptation by the body. The activities of this class will place demands on your conditioning that are greater than normal.

Participation/Physical Fitness: Physical fitness is a priority in my class. Total fitness is achieved by full participation in all class activities. The class expectations include full effort while warming up, cardiovascular activity, and overload activities.. Simply being present and dressing out does not equate to a strong grade. Full participation includes recording all times and marks in the appropriate manner for the day or as instructed for the term.

Dressing Out: All students are expected to dress out daily in basic physical education clothing that allow full movement for the conditions and or activity. Basic uniform consists of a soft appropriate length short and t-shirt maintained in an undamaged manner. Vista Murrieta sells physical education clothing including sweatpants and hooded sweatshirts through the bookkeepers office. Wearing sweats over street clothes doesn't allow for full movement. Individual VMHS sport "spirit pack" items are acceptable and encouraged. You must be fully dressed out to participate in class. Closed toed athletic shoes that lace are required; no opened toed shoes or boots are allowed. Write your name on all clothing used. Non participation based on attire will lose points for the day and be referred to the dean of students for discipline.

Points/Grades: Each day present and dressed out in class brings the opportunity for you to earn points for the day. Full point value will be given for full effort and participation (judged by the instructor). Lack of effort in any or all the daily activities will result in minimal to no point value earned. Each day will be worth 10 participation points with the grade scale breakdown being 90% A, 80% B, 70% C, 60% D and below this an F. Student's can be assessed on a variety of criteria including written work, social skills/leadership and progression of skills.

Attendance/Tardies: Class will meet in the designated area for roll call after dressing out. After dressing all PE students must walk around the blacktop courts until teacher calls them up for roll. Sitting/standing equates to non-participation. Attendance lines will be established and adhered to. You are tardy if you are not in the appropriate place. This is the time to pass along any communication to me regarding parental/doctor notes, make-up work or other information as needed.

Parent/Medical Issues: If you are injured or ill and cannot fully participate in class you must bring a note specifying the reason for your non-participation. Short term issues require a note from parent or guardian. These are good for potentially two class meetings. Long term issues must have a medical note from your caregiver. Please ask at your doctor for this documentation. Extreme cases will be referred to our nurse for follow-up and possible schedule change. Points in class are only awarded if you can participate. We encourage dressing out and we can adapt the activity for you limiting the point loss for non-participation.

Excused Absence/Medical Make Up: As a non-participant or excused absent you must contact me to make-up work missed. Assignments given to do this can vary and must be completed before the grading period completes. If absence is foreseen for vacation or family emergencies please see me ahead of time. It is the students responsibility to initiate make-up work. All unexcused absences and/or truants will not be allowed make-up. If another VM school/class activity is placed during our class time you must be responsible for the work you miss. Points are never awarded if you are not in class participating.

Expectations/Rules: You can hurt yourself severely in this class! For that reason our rules must be followed with no exceptions. Anyone enrolled in body composition must be able to demonstrate responsibility and competence. Students must be warmed up properly, use correct lifting techniques, and recognize unsafe lifting practices. Students should never lift alone and without a spotter. A serious maturity must be maintained during class that won't allow horsing around or unsafe behavior. Do not laugh while lifting or cause others to as they will lose critical oxygen needed to complete lift safely. Do not let go of the bar until it is safely racked. Clean up all stations and put weights in proper storage areas or on trees. Do not leave any facility without permission. No food, gum, seeds or colored drinks in facilities except water. Do not try and do something that hasn't been taught or attempt heavier weight until technique is sharpened. Max testing must be approved by the coach. All necessary safety and techniques will be covered early in the semester so your total success in this class can be achieved.

Other information for your success:

PE Clothing / Equipment - available for purchase through the school bookkeeper.

PE Package.....T-shirt, short, new lock, carry bag.....	\$35
Carry Bag.....	\$10
T-Shirt.....	\$12
PE Shorts.....	\$12
New Master Lock.....(no personal locks allowed for security reasons).....	\$5
Navy sweatpants.....	\$15
Hooded Navy sweatshirt.....	\$25

Locker Room - it is a privilege not a right to use our locker rooms. Lockers will be issued on an "as needed basis" to students who have purchased a school lock. In some cases we can sell you a used lock for \$3 but it is based on availability only. See the coach on duty in the coaches office for more information. Priority will be given to 9th and 10th grade students when issuing lockers. Upperclass students might have to arrange to carry your PE clothes on class days as the locker room capacity can be reached with such a large school. Small issued locker is for overnight use by an individual. This issued locker will be yours for the school year and has a combination built in to the door. Do not share any combination with anyone and secure your belongings always. Street or tall lockers are utilized for single period use only and are utilized by all periods. The bought locks are used to secure these during your PE period. Theft is always an issue in the locker room and usually involves unsecured things left unattended. Any class projects or extreme items can be left in the coaches office for the period. Please see a coach if any problem occurs with lockers or in locker room.

LoanerClothing - loaner clothes are available in limited supply for a single period use only. Loaners are laundered daily as time and staff availability allows. Clothes can be checked out in the coaches office with proper picture ID. It is still your responsibility to bring clothes not ours to provide loaners.

Inclément Weather - dress out everyday unless told directly by your coach. We will modify in cases of extreme heat and humidity, cold and wet conditions, smoke filled air. We take into account temperature, humidity and wind daily.

Common Expectations - Follow directions the first time = Be on time to roll and locker room = Dress out everyday = Participate to the fullest = Be positive in thoughts and comments = Use all facilities and equipment appropriately as directed by your teacher = Have fun and give a great effort!

Good Behavior Consequences - Good grades and GPA = Extra Credit = Self Gratification = Rewards and Honors

Poor Behavior Consequences - Poor grades and GPA = Verbal warnings = Withhold participation = Parent notification = Discipline with administration.....I do trust you will make great choices!

PE Consent Form
return this to Coach Hansen for check off verification

The signatures on this form are verification that I(we) have read this syllabus and understand what the expectations are for my physical education class. I know that these rules and procedures are designed to give me the chance for the greatest success possible if followed and adhered to. I understand that using school facilities, equipment and supplies is a privilege and can be revoked in the event of misuse, abuse or unsafe actions. I understand that disciplinary action will be taken for failure to adhere to these policies. I also understand that attendance and dressing out are paramount to my success in this class. I also understand that all injuries and medical issues must be communicated in writing to Coach Hansen and will need to be made-up in due time.

print students LAST NAME print students FIRST NAME DATE

print parent LAST NAME print parent FIRST NAME DATE

