

COURSE OVERVIEW

TITLE OF COURSE	Physical Education Essentials
TEACHER'S NAME	Jay Witham
Course Information	P.E. Essentials is a one semester course designed for incoming 9 th graders; however, is open to all students seeking to meet their Physical Education requirement. Location: Room 409 (Gymnasium)
Teacher Information	Planning/Conferencing: 1:20 p.m. – 2:15 p.m. P.E. office phone: (810) 591-5552 E-mail: jwitham@carmanainsworth.org
Prerequisite(s)	Students are expected to be in class, on time, dressed for rigorous physical activity, and willing to perform mentally and physically to the best of their ability everyday.
Course Description and Overview of Content	Physical performance & sport content areas may include, but not limited to: Physical Fitness, Football, Basketball, Soccer, Volleyball, Baseball, Racquet Sports, Water Safety, and Track & Field. Cognitive content areas may include, but not limited to: Muscular & Skeletal Anatomy, Muscular Physiology, and Aerobic vs. Anaerobic Conditioning, Cardiovascular Fitness, Nutrition, Health Risk Factors, Flexibility Lab Report, Sports Injuries, and the application of the above concepts using Choice Theory.
Course Goal/ Intended Outcomes	Upon completing two semesters of this course, students will have the physical skills to engage in a variety of life-long recreational behaviors, and the knowledge to evaluate the best way to meet their basic needs in their quality world.
Texts and/ or Other Materials	Material will be compiled throughout each semester through activities, lecture, class notes, and handouts.
Format and Activities	Using Choice Theory students will have many opportunities to participate in a variety of hands on group and individual activities. Physical practice makes up 80-90% of the class contact time. The other 10-20% of this course, participants can expect to take notes, accompanied by written tests . Students will also be expected to participate and submit a written evaluation of a flexibility lab report .
Grading Practices and Procedures	Students earn 10 points everyday they are present, on time, dressed for and engaged in rigorous physical activity while demonstrating a high level of skill proficiency. Students are also evaluated on physical performance test, and written tests in 3-4 week intervals.
Attendance/ Tardiness	Daily Point Deducts: Tardy: -3 Inappropriate Dress: -5 No Show: -10 Up to 13 (excused and unexcused combined) absences may be made up per semester for full credit, with an alternate assignment. When a student is absent from class for any reason, they may make up the points lost for that day by:

	<ol style="list-style-type: none"> 1. The student may select and read an article (the article must be at least two pages of reading) from a magazine, journal, or webpage that has something to do with training, health, fitness, nutrition, or sports injuries. Then write a one page review of the article. In the review you should describe the main points of the article, with at least three supporting details. The review should close with a paragraph describing your personal opinion of the article: How or why this information is valuable or not valuable how does this apply to my life, “in the real world” or other people, etc. <ul style="list-style-type: none"> • <u>The article should come from a health, fitness, or medically driven source.</u> For example an article about dieting found in “People Magazine” is not an appropriate source. Furthermore, <u>a copy of the article must accompany the review.</u> • <u>It is due the day you return to school if you are suspended.</u> • <u>Or... for any other type of absence , the absence day plus one.</u> • <u>Summarizing a sporting event or a players performance is not appropriate.</u>
Classroom Rules and Procedures	All students are expected to be present, on time, dressed for rigorous physical activity, and willing to participate physically and mentally to the best of their ability everyday.
Academic Integrity	Cheating on written work is not tolerated. Infractions will be handled in an equitable manner that maintains the academic integrity of the course and meets the need of the learner.
Technology Usage	-Weight Scale -Blood Pressure Cuff -Calculator -Biometric Impedance (% Body fat measurement) -Power Point Presentations and Internet resources
Other Comments	This class is designed to enable all students to evaluate their behavior, and give them the opportunity to make a choice that best meets their basic needs. Instructional Philosophy: Is my behavior moving us closer together or further apart.

Return this bottom portion for 10 points tomorrow.

My Parent/Guardian and I have read and under the basic requirements of this course. Further more I will not throw this away as it explains what I need to do for make up work when I am absent from class.

Student signature: _____ Date _____

Parent/Guardian: _____ Date _____