

ROCKWOOD AREA SCHOOL DISTRICT
FITNESS EXPLORATION SYLLABUS
TEACHER: MS. GLESSNER
CJGLESSNER@ROCKWOODSCHOOLS.ORG

Fitness Exploration:

The following areas of instruction are included in Fitness Exploration:

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|---------------------|----------------------|
| A. Aerobics | F. Circuit Training |
| B. Trail Running | G. Cardio Kickboxing |
| C. Crossfit | H. Zumba |
| D. Dance/Gymnastics | I. Wii Fitness |
| E. Yoga/Pilates | J. Weight Training |

Each grade level will work on different areas of fitness and how to apply those practices to their life inside/outside of school. Some units will include written tests and group projects that will be graded.

Fitness Exploration Rules:

1. All students must wear athletic clothing, athletic shoes and participate in class.
2. 4 non-dresses or non-participations within the quarter will result in failure for the quarter.
3. 7 non-dresses or non-participations will result in failure for the year.
4. Keep Hands to yourself
5. All jewelry must be removed.
6. Follow school dress code for gym wear (no short shorts, cut offs that show male or female mid section, shirts that show midriff or spaghetti strap tanks).
7. If absent, it is YOUR responsibility to make up for missed work.
8. No extra credit will be available.
9. Use equipment correctly and safely; if you break the equipment while using it incorrectly, you will be charged for that item.
10. Deodorant is highly encouraged.

Fitness Exploration Grading: Standard grading of the Rockwood Area School District

Grading:

Each class is worth 10 points.

Points will be broken down in the following way:

Dress for class 3 Points

Must wear Athletic Clothing (gym shorts, sweats, nylon pants, t-shirts, sweatshirts, sneakers)

-No spaghetti strap tank tops, short shorts, jewelry, shirts that show midriff or clothing with inappropriate logos or language.

Class Participation 3 Points

Students must participate in the daily activity for the entire period to receive participation points. Begins at warm-up and ends when the bell rings..

Class Conduct 2 Points

Includes the proper use of equipment, following class rules, and positive behavior. No visual or vocal obscenities.

Sportsmanship 2 Points

Student puts forth effort in class

Demonstrates teamwork

Follow game rules and expectations.

Help others achieve standards.

Written Tests: Tests will vary in point value depending on the amount of information covered in the units. The tests will include:

- a. True & False
- b. Matching
- c. Short Answer

- d. Essay
- e. Fill in the blank
- f. Multiple Choice

I look forward to working with each of you this school year. I will do my best to help each and every one of you achieve success in Fitness Exploration Class. Please feel free to ask questions, or request extra help. I am available during my planning to talk or meet with you and your parents as long as you make arrangements in advance.

Let's all work together for an EXCELLENT year!

Rockwood Fitness Exploration Syllabus Agreement 2023-2024

Student Name (Please Print Name): _____

Student Signature: _____

Parent Signature: _____