

**DISCLOSURE DOCUMENT
FITNESS FOR LIFE**

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I. Course Description:

Fitness for Life is an individualized, concepts-based, one-semester course (.50 credit) designed to give students the knowledge and skills necessary to self-assess, create, conduct, evaluate, and redesign personal fitness programs. It is required of all students and there are no substitutions, including participation in athletics. *Fitness for Life* may be taken anytime during grades nine through twelve, but it is strongly recommended that students take the class in either the ninth or tenth grade year.

Fitness testing is used to establish individual baseline levels for designing fitness programs, to show improvement, and to provide students with personal information. Scores on fitness tests are not used as the primary or only measure of success in *Fitness for Life*. The *Fitness Gram* fitness test will be used to evaluate fitness levels.

II. Course Objectives:

- a. Students will gain knowledge, skills and strategies related to becoming more physically fit.
- b. Students will use nutrition and fitness information, knowledge and strategies to enhance health in their daily lives.
- c. Students will have gain knowledge in the F.I.T.T. Principles and how it relates to developing a fitness plan.
- d. Students will learn how to set personal goals in developing a fitness plan.
- e. Students will gain knowledge about stress and stress management and how stress can affect their lives.

III. Course Materials

All students will need proper footwear to participate in class activities.

IV. Format and Procedures

There are 2 main options for meeting the course requirements:

- a. Demonstrate Proficiency – This can be achieved by taking a pre-assessment test on the curriculum and passing the Fitnessgram physical fitness test.. There is a pre-assessment test for term 1 and term 2. This will demonstrate that you have both the knowledge and the physical fitness required to progress.
- b. Complete all lessons, assignments, and tests as well as attend and participate in the activities class (16X for a .25 credit or 32X for a .50 credit) as well as submitting a fitness logs. This is the traditional way of finishing the course.

V. Course Requirements

Attached to this document is a recommended pacing guide. The purpose of the guide is to set a minimum progression pace for your student. They are encouraged to work ahead of that guide, but need to at least keep pace with the schedule.

Remember that all work submitted should be your own. You may give each other advice and help, but each of you is responsible for developing the knowledge and skills on your own. You will demonstrate this through the assessments in the course. These assessments must be taken in class and will be proctored.

VI. Course Materials:

All students should bring proper footwear to participate in class activities.

VII. Special Rules:

- a. All school rules and policies will be observed.
- b. No harassment policy will be enforced.
- c. Follow emergency procedures when needed.
- d. Unreasonable disruptive behavior, offensive language, fighting, disrespect to a teacher, substitute teacher or classmate will not be tolerated.

VIII. Grading Procedures:

Improving physical fitness depends on consistent exercise. You have 12-15 weeks to complete the ENTIRE course (2 quarters) from your enrollment date. You must complete the first quarter (units 1-4, all assignments, and unit tests, and turn in six activity logs) by the end of your seventh week. All units, assignments, logs and tests for both the first and second quarters must be completed 12-15 weeks from your start date.

You must work out aerobically for at least 30 minutes three times a week and record on an activity log to earn credit in this class. All logs will need to be signed by a parent and include a thoroughly written journal entry worth 20 points. Brief and poorly written logs will result in deductions from your log scores. To earn full credit on logs you must do both: exercise aerobically and write a complete journal entry. If you do not pass the Fitnessgram physical fitness test you need to attend and participate in the activities class (16X for a .25 credit or 32X for a .50 credit) as well as submitting a fitness logs.

Attached to this document is a recommended pacing guide. The purpose of the guide is to set a minimum progression pace for the student. Students are encouraged to work ahead of that guide, but need to at least keep pace with the schedule. Remember that all work submitted should be your own. You may work with a friend and offer advice and help, but each is responsible for developing the knowledge and skills on your own. You will demonstrate this through the assessments in the course and the Fitnessgram physical fitness test. These assessments must be taken in class with an instructor or proctored.

A	A-	B+	B	B-	C+	C	C-	D+	D	D-	F
93%	90%	87%	83%	80%	77%	73%	70%	67%	63%	60%	<59%

Strive for at least an 80% on all assignments, especially on the assessments. Your grade for a term will be calculated when you finish the term of work. Please let me know when you finish the work so that I know to submit your grade.

PLEASE SIGN BELOW AND RETURN TO INSTRUCTOR

By signing below, I verify that I have read the criteria for Health and have received Ms. Butler's disclosure statement. I am willing to abide by the rules and expectations outlined in this disclosure and I understand that my grade will be determined by the given criteria received.

Student Name: _____
PRINT

Student Signature: _____

Parent Signature: _____

