

Franklin High School  
Personal Fitness  
Course Syllabus

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### **Course Goals:**

The emphasis of this course is to promote and engage in lifetime physical activities. The activities will vary each week involving the usage of the fitness room, track, and wrestling room. Strength and cardiovascular activity will be emphasis with occasional sport activity.

### **Class Expectations:**

1. Treat each other with courtesy and respect
2. Follow all instructions and safety rules
3. Practice good hygiene by changing your clothing and using deodorant
4. Participate to the best of your ability
5. Gain knowledge of skills and proper technique

### **Grading Criteria:**

- **Grades:** Based on a point system that requires students to dress down and participate daily.
- **Dressing Down:** Students are expected to dress down daily in appropriate attire for physical exertion.
- **Participation:** Participation is the primary component of this activity class and all students are required to participate in their ability.
- **Sportsmanship:** Students should display self-discipline, mutual respect, honesty, and acceptance of the outcome.
- **On time:** Be on time to class and line up for roll in alphabetical order.
- **Not participating:** Any student that does not participate all period may lose some or all of their points for the day. Students may not participate in any after school practices/game if not participating in P.E. class that day.

### **Make-ups:**

Are only for excused absences and must be done one week after a missed day. All make-ups must be done before finals week. One mile equals one day and two miles equals two days.

### **Illness or injury:**

- A parent or guardian can excuse a student with a written note but you will still need to dress down.
- Illness or injury for more than three (3) days will require a doctor's note and you will be given a physical education learning packet to be completed by the end of the period.
- If your child has any medical problems such as allergies, asthma, etc., please inform me, in writing, as soon as possible.

**Locker Room Procedure:**

- **Please bring your own lock to secure your things**
- **ALL half lockers must be cleaned out every period, every day and night.**