

MR. WHITESEL KINESIOLOGY I

Kinesiology I is aligned with the CA state content standards for High School Course 1, which is the physical education curriculum for grade nine. To fulfill the requirement for high school graduation, students must take at least two years of physical education in high school. High School Course I is designed to meet this first year requirement, in which students develop proficiency in movement skills, expand their capabilities for independent learning, and examine practices that allow sound decision making to enhance successful participation in movement activities. Kinesiology I addresses three content areas (aquatics, rhythms and dance, and individual and dual activities) as well as the effects of physical activity upon dynamic health.

FITNESSGRAM TESTING

***All students will be formally tested (benchmarked) during the fall on the Fitnessgram Fitness Tests. The state of California requires that students meet five of six fitness standards during the freshmen year. Students not meeting these standards will be re-tested in grade ten. Expect to participate in a cardiovascular activity at least once a week. Every Monday will be a cardiovascular activity day!**

GRADING

The P.E. grade will be a combination of participation, fitness, skills, and written work. Grades will be broken down as follows:

Daily Dress/Participation/Skill Aquisition	80%
Fitness for Life/Assignments	20%

1) Participation

Participation points include dressing out daily, participating in warm-up activities and the daily lesson, and adhering to classroom policies. *Note that each non-dress day during the semester will lower the overall letter grade. Tardies will do the same. A tardy is assigned when a student is not sitting on the roll call number at the start of class. 10 points are deducted for each non-dress, which includes appropriate shoes. Point deductions may also occur for unsatisfactory participation during warm-up and regular class activities or unacceptable behavior such as excessive talking, disruptive actions, or unsafe/inappropriate behavior.

2) Skills/Fitness

Some activities will require skill evaluations during the unit. Fitness evaluations will also be conducted periodically for cardiovascular fitness, muscular fitness, and flexibility. Acceptable times and scores will be based on age and gender for the healthy fitness zone. Points are earned for weekly cardiovascular activities. These points are in addition to the regular participation points for each rotation.

3) Fitness for Life

Fitness for Life is a health education series that is required of all ninth grade students. One day a week the physical education students will meet in the classroom to learn this material, which focuses on the health-related elements of fitness, aerobic and anaerobic activities, and planning personal fitness programs. The Fitness for Life supplemental textbook can be accessed online at www.fitnessforlife.org/highschool. Instructor PowerPoint presentations will be available on my website via dbhs.org.

Non-Dress Policy

Not dressing and participating can be largely responsible for lower grades in kinesiology. Every student is expected to dress out for activity and participate throughout the entire class period. After 4 non-dresses, the student's GLC will be notified.

Daily Physical Education Attire

Students enrolled in kinesiology classes are required to wear appropriate clothing for physical activity. This attire includes: athletic shorts (length to mid-thigh) and shirts (crew-neck) socks, and athletic/tennis shoes. DBHS P.E. clothes are available for purchase in the student store. Athletic sweats are acceptable during cooler weather or for students who choose to remain covered. P.E. shirts and shorts must be marked clearly with the student name in black permanent marker. Clothing worn to school is not acceptable attire for physical education class.

Aquatics Unit and Attire

Appropriate pool attire for girls includes: one-piece swimsuits, tankinis, swim pant/water shirt top combination, or water shirt with board shorts. NO BIKINIS ARE ALLOWED! Appropriate pool attire for boys includes: swim trunks, board shorts, or swim pants. NO SPEEDOS ARE ALLOWED! All swimwear must be "dryfit" or nylon material. Students will need to wear flip flops, water sandals, or water shoes to the pool area. Students will also need to bring a towel each day and a plastic bag to transport wet items.

Medical Excuses

Parents may excuse a student from participation up to two days per semester by writing a signed and dated note explaining the reason for the excuse. More serious injuries or illness requiring multiple days of exclusion from P.E. must be accompanied by a doctor's note. Many injuries do not equate to zero activity, but simply may prohibit students from certain activities or movements. Please ask the medical doctor to list the specific limitations and include what the student is still capable of doing in order to still participate in the course.

Locker and Locker Room

Each physical education student will be issued a locker in the appropriate locker room. Students must follow all locker room procedures which will be outlined by the locker room attendants. Students are not to share lockers or combinations with any other students, as this increases the possibility for theft.

Electronic Devices

Cell phones and camera usage is not permitted in the locker room at any time. Referrals will immediately be given to any student violating this policy. Electronic devices that play music may be allowed on certain activity days at the discretion of the teacher. Students will be responsible for bringing these devices if they choose to do so.

Remind App

Remind is a safe and easy way for teachers to connect with students and parents. Its is a simple way for you to stay informed and up-to-date with what's happening in your class. By joining your teacher's class on Remind, you're choosing to receive class messages via push notifications, SMS, or email. Don't worry, your phone number will not be shared with the teacher or anyone else in the class. Likewise, your teacher's phone number will never be shared with students or parents. Directions on how to sign up for the Remind notifications are attached to this syllabus.

I understand the course syllabus and policies for Mr. Whitesel's Kinesiology I class.

(print student name)

(student signature)

(parent signature)

(date)

(date)