

**CONTACT HOURS: 7:40-3:45 – You may contact me during these hours.**

**E-MAIL ADDRESS: [mazk@chinookschools.org](mailto:mazk@chinookschools.org)**

**Blog Information: <http://docs.google.com/#owned-by-me>**

**Course Description:**

This course will provide an opportunity for students to increase their level of physical fitness through moderate to intense exercise training. Workouts will consist of a circuit combination of cardiovascular conditioning using cycles and muscular conditioning using weight machines. In addition, individual stretching for flexibility will be included. Information on health, nutrition, fitness, and injury prevention will be provided to assist the student in developing safe and effective practices for the attainment of personal wellness goals and the achievement of optimal health throughout one's lifetime.

**Course Objectives:** The objectives for the course are to provide students with the information and experiences to:

1. Demonstrate knowledge of the principles of aerobic conditioning and the components of physical fitness and wellness necessary to maintain optimal health in one's lifetime.
2. Develop an understanding of proper use of exercise of weight training machines and how to progress through a training program, whether it be training to build muscle or to maintain muscle.
3. Calculate a target heart rate range, monitor heart rate during exercise, and reach and sustain appropriate heart rate for approximately 20 to 30 minutes by maintain a vigorous level of exercise.
4. Understand the correlation between healthy food choices and health, weight control, maintenance, and overall wellness.
5. Recognize the psychological components involved in creating and maintaining healthy lifestyle choices.
6. Evaluate individual fitness progress by monitoring specific physiological changes.
7. Continue with an aerobic exercise program outside of class.

**Course Evaluation:**

Participation – 80% of semester grade

Fitness Progress and Documentation – 10% of semester grade

Class Assignments and Semester Test – 10% of semester grade

**Grading:**

94-100% = A

84-93% = B

74-83% = C

65-73% = D

Below 65 = F

No late work; if the class has a paper assignment and the student is gone during the time the paper is assigned, the student will have 2 days (after returning to class) to make up the assignment.

The students will receive 2 points for attending class; 1 point is for being there, the other is for participation. If I believe the students are not participating to their potential, they will either receive 0 points for no effort or .5 for what I believe is half their effort.

**Explanation of Grading Criteria:**

Participation – 80% of semester Grade

Since this is a fitness class, regular attendance is critical for success in this course. Participation consists of attending class, participating for the entire class period, and working out at a level that reflects effort to improve fitness. Giving minimal effort will negatively affect this portion of the grade.

Fitness Progress and Documentation – 10% of semester grade

Students will complete all physical tests.

Class Assignments and Semester Test – 10% of semester grade

Google docs questions on fitness and health issues.

Semester Test