



# Advanced Lifetime Fitness

2016-2017 | West Allis Central High School



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I was born and raised in West Allis, graduate of WAC '81. I majored in Physical Education with a minor in Health from UW - Milwaukee. I earned my Master's degree from UW-LaCrosse in Professional Development. I have been teaching physical education in the WAWM school district for more than 20 years.

Course Description	Key Learning Outcomes																													
<p>This course is designed to further develop physical ability and enhance fitness. Units of study may include weight training, power walking, step aerobics, yoga, dance, and Pilates. Students will create their own personal fitness plan and use heart rate monitors to monitor physical activity.</p>	<p>Physical education, by nature, relies on student participation. The goal of physical education is to develop fitness and acquire the knowledge and skills necessary for an active, healthy lifestyle.</p>																													
Course Assessments																														
<p>The grading scale for the class is the district grading scale.</p> <p>Homework/writing assignments/goal sheets/skill practice based on fitness unit or activity (formative assessment) are worth 20% of your grade.</p> <p>Daily participation/Skills Tests/Written Tests (summative assessments) are worth 80% of your total grade.</p> <p><b>Final Grade</b>            Quarter One: 45% of your final grade.            Quarter Two: 45% of your final grade.            Final Exam: 10% of your final grade.</p>	<table border="1"> <thead> <tr> <th>Letter Grade</th> <th>Percentage</th> </tr> </thead> <tbody> <tr><td>A+</td><td>97%-100%</td></tr> <tr><td>A</td><td>93%-96%</td></tr> <tr><td>A-</td><td>90%-92%</td></tr> <tr><td>B+</td><td>87%-89%</td></tr> <tr><td>B</td><td>83%-86%</td></tr> <tr><td>B-</td><td>80%-82%</td></tr> <tr><td>C+</td><td>77%-79%</td></tr> <tr><td>C</td><td>73%-76%</td></tr> <tr><td>C-</td><td>70%-72%</td></tr> <tr><td>D+</td><td>67%-69%</td></tr> <tr><td>D</td><td>63%-66%</td></tr> <tr><td>D-</td><td>60%-62%</td></tr> <tr><td>F</td><td>0%-59%</td></tr> </tbody> </table>		Letter Grade	Percentage	A+	97%-100%	A	93%-96%	A-	90%-92%	B+	87%-89%	B	83%-86%	B-	80%-82%	C+	77%-79%	C	73%-76%	C-	70%-72%	D+	67%-69%	D	63%-66%	D-	60%-62%	F	0%-59%
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Make Ups	Units of Study																													
<p>Students have the opportunity to earn participation points back by completing a make up. Make ups can be completed before, after school, or during CAP with teacher approval.</p>	<p>Activities may include pilates, yoga, power walking, weight training, tae bo, T25, step aerobics, body conditioning (light weights). Students will learn how to calculate their maximum heart rate, target rate and resting heart rate.</p>																													

Exam Exemption Policy	Retake Policy				
<p>Must have an A- or better in class to be exempt, 5 or fewer excused absences, 5 or fewer unexcused tardies, with no suspensions or outstanding classroom consequences.</p>	<p>Students may retake a written test or skill test by making an appointment with their individual teacher.</p>				
<b>Required Materials</b> <small>These items should be brought every day.</small>	<b>Medicals</b>				
<p>Tennis shoes shorts/sweat pants T-shirt/sweat shirt *Must be clothes other than what they have worn in school.</p> <p>Students are not allowed to participate in sandals, flip-flops, or street shoes. An alternate activity for partial credit will be assigned.</p> <p>Optional but highly recommended for personal hygiene: towel, deodorant, soap, shampoo and body lotion.</p>	<ul style="list-style-type: none"> <li>· A medical is required if a student needs to be medically excused from physical education.</li> <li>· Must be on a doctor's script and authorized by medical personnel.</li> <li>· If a student sits out with a medical for more than half the quarter, they will receive a medical instead of a grade.</li> <li>· New medicals are needed each year, with current date clearly indicated.</li> <li>· Specific conditions and limitations must be indicated on medical.</li> <li>· Please alert the teacher of any medical conditions.</li> </ul>				
<b>Classroom Behavior Management System</b>	<b>Locks/Technology Policy</b>				
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Verbal Warning</td> </tr> <tr> <td style="padding: 5px;">Intervention 1 - Conference with students.</td> </tr> <tr> <td style="padding: 5px;">Intervention 2 - Phone call home.</td> </tr> <tr> <td style="padding: 5px;">Office Referral</td> </tr> </table>	Verbal Warning	Intervention 1 - Conference with students.	Intervention 2 - Phone call home.	Office Referral	<p>Each student is issued a school physical education lock. All personal belongings - backpacks, purses, technology, etc. - must be stored in their gym locker.</p> <p>NO technology is allowed in the locker room or field house.</p> <p>Personal belongings will not be allowed in the field house.</p>
Verbal Warning					
Intervention 1 - Conference with students.					
Intervention 2 - Phone call home.					
Office Referral					
<b>Student/Parent Signature</b>					
<p>I have read the Physical Education course syllabus and will adhere by the expectations.</p>					
<p>_____</p>	<p>_____</p>				
<p>Student Signature</p>	<p>Parent Signature</p>				
<p>_____</p>	<p>_____</p>				
<p>Phone Number</p>	<p>Email Address</p>				
<p>Please list any medical concerns about your child:</p>    					

