

**CAPITAL HIGH SCHOOL FITNESS/HEALTH DEPARTMENT GUIDELINES
2009-2010
EXPECTATIONS**

- Fitness and Health uniforms include athletic shoes, socks, and a purchased CHS health and fitness t-shirts and shorts. Sweats/warm-ups are allowed but not required. Uniforms should be clean, in good taste, and in good repair.
 - * Cutoffs, hats, bandanas, and inappropriate shoes will not be allowed.
 - * Students will not be allowed to wear school-issued athletic equipment.
 - * Students will not be allowed to participate unless suited down, but if not suited they must stay with the class.
 - * No sagging pants, no showing midriffs, no cargo, denim or boxer shorts
 - * No headphones in locker room or gym.
- Excuses from Fitness/Health come from the nurse only and must be obtained before school starts or during break.
- Showers and soap are available, and students are strongly encouraged to use them. Towels will be offered only to those that shower.
- Inappropriate language and use of profanity or vulgarity is not acceptable in the school environment. Correcting inappropriate language is a priority of the Fitness/Health staff.
- Students will promote a safe and respectful environment by keeping their hands and feet to themselves.
- The locker rooms are locked five minutes after the tardy bell rings and not reopened until five minutes before the dismissal bell. Students are issued locks or may bring them from home and are required to lock their personal belongs. **STUDENTS MUST STAY IN LOCKER ROOMS UNTIL THE FINAL BELL.**
- LOST AND FOUND:** Items can be located in the Men and Women Fitness/Health office, and the school's main office. Unclaimed items are donated to charity at the end of the trimester.

GRADING Overview (individual teachers may vary from this)

- Fitness/Health is a trimester class. Students will remain with their teacher for the trimester. The key to receiving credit in F.H. is regular participation.
- The student's grade is based upon the following:

Participation: 60% 5 (five) points a day

Loss of **1 (one)** or more participation points may occur for each of the following:

- | | |
|--------------------------------------|-------------------------|
| -tardies | -gum/jewelry |
| -incomplete uniform | -lack of sportsmanship |
| -lack of cooperation | -abuse of equipment |
| -poor effort during warm ups | -inappropriate language |
| -poor effort during class activities | |

Loss of **5 (five)** points occurs for the following:

- +absences
- nondresses

No participation points will be earned if a student does not participate due to illness or injured. They can make up these days by attending P.E. make up.

- Parents/Guardian should contact the instructor if an extenuating circumstance results in a long-term injury or illness. A modified fitness activity may be used for daily credit.
- Fitness/Health make up is available on Tuesday from 7:15 am to 7:45 am and Thursday from 2:45 pm to 3:15 pm. All make up will meet in the fitness portable located behind the large gym

Evaluation: 20%

- skills test
- written test
- demonstration of skill and knowledge during class participation

Fitness Program: 20%

- completed fitness program
- fitness log
- self-evaluation
- fitness test

PLEASE SAVE THIS PORTION FOR FUTURE REFERENCE

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SCHOOL YEAR 2009-2010

Parent/Guardian: Please acknowledge that you and your student have read the above information and understand the attendance and grading policies by signing and returning the form below. In the event that there are any physical, emotional, or health related circumstance that would affect your student's grade because of the above policies, please contact your student's instructor as early as possible at 596-Extention (message) or 596-8000 (main office).

Date _____

Parent/Guardian Signature

Period _____

Parent email (optional)

Teacher _____

Student name

Capital High School Fitness/Health Department Mission Statement

Our philosophy is based on the belief that Fitness/Health, as an integral part of the total education process, provides movement-centered and knowledge-based activities that focus on the intellectual, social, and physical needs of students, enabling them to realize their fullest potential.

The mission of the Fitness/Health department is to provide varied experiences that allow individuals to enter adult life with the skills, knowledge, and attitudes necessary to enjoy a physically active, and healthy lifestyle.

CONTACTING TEACHERS

The Fitness/Health staff welcomes parental involvement. Teachers may be contacted at 596-(extension) or 596-8000 (main office).

Teacher	Email address	Phone Extension
Diane Dominiak	ddominia@osd.wednet.edu	8089
John Johnson	jojohnson@osd.wednet.edu	8058
Cathy Crabb	ccrabb@osd.wednet.edu	8219
Doug Galloway	dgalloway@osd.wednet.edu	8230
Sally Otton	sotton@osd.wednet.edu	8221

Dear Parent/Guardian:

Your student is enrolled in a fitness class at Capital High School. We do a variety of activities in class to improve one's cardiovascular endurance, as well as work on the other fitness components of flexibility, muscular strength, muscular endurance, and body composition. Hopefully, your student is excited about improving his or her fitness level, and has fun while doing it.

This year during some of our outdoor cardio work, we would like the students to have the opportunity to run as a group off campus. Running circles on the track gets boring, even though we try to provide various lap options. We have mapped out routes within a close boundary to the high school that vary in length from one half to two miles. Each may be easily completed within a class period, granted the student exhibits quality effort. All routes are one sidewalks or bike/pedestrian paths. Safety issues will be reviewed with your student before each run. Students will run in groups of two or three. As instructors, we will be moving back and forth between those in front and those moving at a slower pace, to ensure all class members are accounted for and to handle any situations that may arise. Instructors will have cell phones or radios for emergency purposes.

Sincerely
CHS Health and Fitness Staff
