

**CAPITAL HIGH SCHOOL BODY SHAPE**  
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This course will operate with the integration of fitness seminars and fitness participation. While I will present lectures throughout the course on topics including nutrition, weight management, goal setting, and fitness models, the class will depend largely on group participation in strength training, cardio fitness, and flexibility. I expect everyone to participate both in discussion and participation. Being prepared means coming to class appropriately dressed, on time, and ready to educate your mind, body, and soul.

**Grading:**

Your grade will be based 75% on your participation and effort. Each day you earn up to 5 points (see grade criteria below). Please see the PE department expectation sheet for other reason you may lose points. The other 25% will be based on written assignments (see below).

A	=94	C+	=77
A-	=90	C	=74
B+	=87	C-	=70
B	=84	D	=67
B-	=80	F	

Points	Participation and Effort Criteria
5	Worked hard the entire time, did all exercises – best effort
4	Worked hard most of the time, tried all exercises – good effort
3	Moderate work, did some of the exercises- little effort
2	Little work, did a few of the exercises – tiny effort
0	No effort

**Assignments:**

You will be given a variety of homework assignment over the course of the semester. It is your responsibility to complete and return the homework on time.

**Late Work Policy:** Two points will be taken off for each day work it turned in late!

**In a nutshell:**

- 1. Wear comfortable clothing** but you must follows school dress code
- 2. Bring sneakers to class and be prepared with clothes to go outside!**
- 3. Use the school lockers-** and lock your stuff up with your lock
- 4. Be on time (five minutes after the bell rings in the mezz)**
- 5. Use the restrooms before or after class**
- 6. Bring water to class**
- 7. Put forth a sincere amount of effort- YOU WILL GET OUT OF THE CLASS WHAT YOU PUT IN----**
- 8. POSITIVE ATTITUDE AND EFFORT ARE MUSTS!**
- 9. RESPECT**
- 10. If you are absent- make it up!**