

Andrew Paz
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Spring 2020

Physical Education 16 – Fitness Walking

Course Description:

PE 16: This course is designed for students to increase each individual's level of cardiovascular and muscular endurance. It is also designed to make students aware of why, what, and how important "walking" can be to help with general wellness and weight control.

Schedule: See attachment

No Prerequisites required

Accommodations: If you have a verified need for an accommodation per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please inform me as soon as possible.

Attendance Policy: Class attendance is mandatory. Students are expected to arrive on time and leave only when the class is dismissed. Any unexcused absences may result in a lowered final grade. Class begins on time. You will not be allowed to make up any absences. Absences are only excused and valid if supporting documentation is presented. It is the board policy that students who miss too many class meetings can be dropped.

Personal Electronics Policy: Cell phones, ipods, headphones, MP3 players and other similar electronic devices will be turned off and stored out of sight during class. There may be times the teacher may allow music but students will be notified.

Conduct Policy: Students are expected to behave like adults and demonstrate respect for the instructor, other students, the classroom environment, and classroom equipment. Students who are unable or unwilling to conduct themselves appropriately will be required to leave the class until such time they can function maturely. Any points that may have been lost during this time of leave will not be made up and points will be forfeited.

Grading Policy:

- Attendance 48 days – 10 points (per day)
- Weekend Attendance 1-day - 30 points
- Participation 10 points (per day – weekends excluded)
- Cognitive Exams 2 – 25 points (each)
- Physical skills test 2 – 25 points (each)
- Total points 1030

- Attendance/Participation 90% of grade
- Tests/exams 10% of grade

- A = 100 – 90%
- B = 89 – 80%
- C = 79 – 70%
- D = 69 – 60%
- F = 59 – 50%

Requirements:

- Arrive on time
- Class participation
- Effort
- Attendance

Attire:

- Running/athletic shoes required
- Workout clothes
 - Shorts/t-shirts/yoga pants/etc.
- Not acceptable
 - Jeans/khakis/open toed shoes

Drop Deadline Date:

Students may withdraw from this course without a letter grade until _____

FINAL EXAMINATION: April 2nd TBA

REMIND app

text @bdb9e6 to the number 81010