

Andrew Paz
Office Hours: by appointment
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Spring 2021

Physical Education 6 - Fitness & Health

Course Description:

This course is designed to improve physical fitness levels through a variety of exercise activities including, but not limited to, recreational activities, strength development, cardio-respiratory development, walking and improved flexibility. The following components of physical fitness will be emphasized: muscular endurance, muscular strength, cardio-respiratory endurance, flexibility and body composition. It will be organized around these three objectives: safe performance of activity, knowledge and understanding of physical fitness components, appropriateness of activity for each individual, and the importance of activity.

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 participate in any online class meetings and sessions scheduled. 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.

Conduct Policy: Students are expected to behave like adults and demonstrate respect for the instructor, other students and classroom environment. Students who are unable or unwilling to conduct themselves appropriately will be required to leave the class stream 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.

Online Live Expectations:

- On time to class, class starts exactly at the time the instructor states
 - Tardy = -2
 - Absent = -5
- Cameras on and student visible and present
 - Cameras off = -3
 - Camera on but student not visible = -2
- Be ready to answer questions and respond
- No inappropriate language, music, visible pics or posters in the background
- In the meeting 100% of the time for full credit

Grading Policy:

- Morning attendance - 5 points (per day)
- Workout/Fitness days – 4 points (per day)
- Quizzes – 10 points each
- Projects – 20 points each
- Tests – 50 points each

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

Requirements:

- Attend class online meetings
- Class participation
- Effort
- Assignments completed on time

Drop Deadline Date:

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

FINAL EXAMINATION: April 28, 2021