**Class Policies, Rules, and Grading**

**Mr. Sitarski**

**Edsel Ford High School – Aerobic/weightlifting**

**Course Description:**

This will focus on physical fitness with a heavy emphasis on weight training, and cardiovascular endurance. The activities are geared toward the improvement of an individual’s fitness or athletic ability.

**Rules and Regulations:**

* Students are required to wear appropriate physical education attire. Bathing suit when the class is in the swim unit. Gym cloths when the class is in the weight room.
	+ Appropriate gym cloths should be: gym shorts or pants, a shirt that covers the shoulder and stomach, proper shoes. **NO ORANGE** at all. No jewelry, NO sandals and socks!
* Students are given **5 MINUTES** **to dress** for class and meet in the appropriate area for attendance. Failure to do so will result in a tardy, and loss of points. If the student is more than **5 minutes late**, will be marked late, and will lose double the points. If a student is late after **15 minutes**, they will be mark absent and receive no points.
* **NO** food, candy or drinks.
* The student is recommended and should bring a reusable bottle for water. The student will not be able to leave the weight room.
* **NO cell phones, ipods, or electronic devices**. If a student is seen using one of these, it will be a loss of points. The weight room has a radio.
* **NOTES:** if a student is going to be out they must present a note to excuse them for that day. Points will be made up at a later date. **DOCTORS NOTES:** required for any reason past **2 days**. This note must include: date, extent of injury, how long the student will be out, return date, and doctors signature. Points will be made up at a later date. A written assignment may be assigned for the missing points, depending on the length of the injury.

**Grading**:

Grading is based on a point system. 10 points a day, 10 day units, equaling 100 points. There eight units which equals 800 points. There are also four to six final fitness tests, which range from 250 to 400 points. **THIS IS A PARTICIPATION BASED CLASS**, if you don’t participate, your grade will suffer.

***Points will be taken off for the following reasons:***

* not dressed (-10) OR not dressed properly (-2 to -4)
* not adhering to the safety rules of the weight room (-2 to -10)
* inappropriate behavior or language (-2 to -10)
* not arriving to class on time
* missing a set during your rotation (-2 to -10)
* using an electronic devices during class (-2 to -10)

**A STUDENT HAS 10 DAYS TO MAKE UP AN ABSENCES, OF ANY TYPE**

**Student signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/ guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/guardian contact # and email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**