



Body Conditioning Syllabus

Segerstrom High School

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Welcome to Segerstrom High School Physical Education!

The Segerstrom High School Physical Education department aligns our curriculum with both the National and California State Standards as well as with the California Physical Education Framework to provide a diversified program of developmental activities, sports, aerobics, and rhythms which are suited to the diversities, abilities, and limitations of all students enrolled in our program. We are committed to providing a safe environment and standards-based curriculum. We believe and abide by the premise in the California Framework that the “quality and productivity of each individual’s life can be enhanced through participation in a comprehensive, sequential physical education system that promotes physical, mental, emotional and social well-being.” Each and every student can achieve excellence, regardless of size, maturity, coordination, body-type, or other physical capability. Physical Education is an integral part of the total education program.

It is our mission at Segerstrom High School to develop and maintain healthful habits that lead to increasing or maintaining an optimal level of fitness. All students will know and understand the implications and the benefits that are sustained through regular daily activity. We want all students to value lifelong physical activity as a foundation for a healthy, productive and fulfilling life. A student with a sound mind will be better suited to succeed academically!

If the Santa Ana School Board changes the school schedule or grading practices; a new syllabus, requirements, and grading policies will be provided to adjust to new guidelines.

Course Description:

This course is designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining optimal physical fitness. Students will benefit from comprehensive weight training and cardiorespiratory endurance activities. Students will learn the basic fundamentals of strength training, aerobic training, and overall fitness training and conditioning. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies through body conditioning. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. This course will follow the Physical Education Model Content Standards for High School Course 3F- Weight Training and Fitness.



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General Requirements & Class Expectations:

- Students must actively participate in **all** class activities including warm-up stretches, skill tests, cardiovascular fitness, games and fitness testing.
- Failure to participate will result in a loss of daily points. **Absences** from class, **NO** daily points are earned.
- Students will be expected to participate in street/school clothes when they do not have the proper attire.
- PE is a participation class, therefore when a student is absent, either excused or unexcused, the instructor may require the student to perform some type of make-up work to earn back daily points.
- Students must arrive to the locker room before the tardy bell rings.
- Students must be seated on their roll call numbers when teacher arrives to begin class.
- Students must stay with their class in the designated PE area, and should not leave without teacher permission or a pass.
- Completion of all assigned PE class work and homework is expected.

Materials needed for this course:

- Students are to be prepared for class each day by having their PE clothes.
- Appropriate clothes include: BLACK Segerstrom shorts, GREY Segerstrom t-shirt, GREY/BLACK sweatshirt (NO HOODIES), BLACK sweatpants, and **athletic** shoes.
 - If there are any questions or concerns about uniform please contact your teacher
- Locks for the locker room. All personal items must be locked in a locker. The PE department is not responsible for any lost or stolen items.

Assessment:

- Students who participate in an appropriate manner will earn daily participation points.
- On cardio and fitness days students will be assessed on knowledge of exercises, participation, and fitness plans
- Other assessments include, but are not limited to, fundamental skill assessment, self assessments, video assessments, quizzes, projects, and tests.
- 5 point rubric scale will be used to grade assignments unless noted otherwise.
- Students who are unable to physically participate due to medical reasons longer than 3 days will obtain an excuse from a physician (AR 6142.71). Students will have an opportunity to make up daily participation points if they have an excused absence, parent note, or long term physicians note on file with the main office.



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Illness/Injury Participation Policy:

Students are expected to participate in each class activity on a daily basis. If you are well enough to come to school, but feeling too ill to participate in PE class, or have an injury that prevents you from participating, you must do the following to receive credit: **(1) Bring a note signed by a parent with a contact phone number. (2) DRESS OUT (3) Participate in the stretches and any other part of the days activity you feel you can** If you have an injury that prevents you from participating longer than 3 days, a doctor's note will be required. Students must take the doctor's note to the nurse's office **prior** to attending class. **An ill or injured student may be assigned a PE assignment, homework or asked to perform a non-active skill if appropriate.**

Consequences For Non-Suits:

To ensure safety in Physical Education, all students must be dressed in physical education attire. To maintain a safe environment for our students, being dressed in Physical Education attire helps to identify those students who belong within our instruction areas. Failure to dress in Physical Education attire, and fully participate will result in the reduction of daily points from the Physical Education and Social Skills grading component, and may be referred to the discipline office for non-compliance.

Cell phone and other personal technology

- The expectation is that all phones and or devices be locked up in gym lockers during class time
- Out of sight is out of mind!!
- Headphones/Earpods are not allowed in class.
- If the use of a phone or other device is appropriate for the class or task at hand, permission may be granted to use it by the teacher.
- Cell phones will be taken and given to the office

Consequences

- Large infractions will be dealt with and followed by school policy
- Classroom teacher based on teacher's discretion will deal with minor infractions
- Students will be given a chance to redirect themselves appropriately
- Teacher will help student redirect
- Students will be referred to Administration

Citizenship grades are based upon:

1. Acceptable behavior with your teacher, other staff members, and classmates
2. Positive attitude, effort, following directions and class expectations
3. Respecting others and school property, use of appropriate language
4. Attendance/tardies.

Academic Dishonesty:

Students will participate and complete assignments to the best of their abilities. Written assignments are not to be copied or plagiarized. Students are also expected to complete physical assignments based on the directions of the teacher. Students will receive a ZERO on the assignment and possible referral to the office based on prior interventions.



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Grading Scale and Categories:

- Participation and Skill Assessments: 60%
- Fitness Assessments: 30%
- Classwork/Projects: 10%

(60%) PHYSICAL PARTICIPATION and SOCIAL SKILLS

Being prepared for class, active daily full participation, daily best effort, warm-up including stretching and cardiovascular fitness, daily skill work and game play, appropriate language, exhibiting responsible personal and social behavior, positive attitude and interaction with others, good teamwork and sportsmanship, respect for others and responsibility to group, resolving conflicts positively.

(30%) FITNESS IMPROVEMENT/TEST and SKILL COMPONENTS

Performance assessment and improvement on weekly power walk, mile, and ½ mile runs. California Fitnessgram tests performance, assessment and improvement. Transfers and applies skills learned through the introduction of rules and history of sports and games. The program will include: skill assessments, California State fitness testing, fitness concepts, nutrition and wellness, biomechanics, personal assessment, also setting, achieving and monitoring of my personal fitness goals.

(10%) CLASSWORK (Homework/assignments/class work/projects)

Any assigned homework, written assignments, class work, quizzes and tests on sport rules, strategies and history, performance tests and observations in a variety of physical activities.

A = 100% - 90% B = 89% - 80% C = 79% - 70% D = 69% - 60% F = Below 59% and below

Classroom Procedures and Expectations:

Students and Instructor will:

- Be prepared for class on time.
- Respect the rights of others, equipment, and building facilities
- Show discipline by positively engaging in class activities

Tardy

- Students will be marked tardy if they enter locker room after the bell unless they have a valid pass
- On time refers to being in the locker room prior to the tardy bell

Make up work

- It is the responsibility of the student to get make-up work in a timely manner. An extra class period or two will be granted for make up work depending on the task or assignment
- Once a unit or concept is completed, make up work can no longer be completed unless you miss school on one of the last days of a unit or concept.



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Santa Ana Unified School District High School Physical Education Requirements

The purpose of this form is to inform and notify students and parents and/or guardians of the high school physical education requirements provided by the state of California and the Santa Ana Unified School District that must be adhered to in order for students to be in compliance of the law and obtain the necessary credits to graduate from high school.

The State of California requires that each high school provides a course of study in physical education to pupils in any of grades 9 to 12, inclusive, that includes a developmentally appropriate sequence of instruction, including the effects of physical activity upon dynamic health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combatives. (EC Section 51220[d] and EC Section 33352[b][7])

Physical Education Graduation Requirements:

SAUSD Graduation Requirements for Physical Education: 2 years (20 credits) BP 6146.1(a)

Permanent Exemption

SAUSD's Board of Education may grant "permanent exemption from courses in physical education if the pupil complies with any one of the following:

- Is 16 years of age or older and has been enrolled in grade 10 for one academic year or longer;
- Is enrolled as a postgraduate pupil;
- Is enrolled in a juvenile home, ranch, camp, or forestry camp school where pupils are scheduled for recreation and exercise pursuant to the requirements of Article 24 (commencing with Section 880) of Chapter 2 of Part 1 of Division 2 of the Welfare and Institutions Code." (Education Code Section 51241[c][1][2][3])

In order to apply for a Permanent PE Exemption, students must have successfully completed two years of Physical Education and meet one requirement stated above. If they do not meet the requirements students must be enrolled in a Physical Education class or Physical Education Elective.

Exemption Process

In the spring of 10th grade, students will be permitted to apply for the Physical Education Permanent Exemption waiver with their counselor while scheduling their classes for Fall of the next school year. If a student meets the requirements, the waiver will be submitted for Board approval. If a student does not meet the requirements they will be permitted to resubmit the waiver at the semester once the requirements have been met.

Students who are exempted in grades 11-12 will be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days for which they may enroll.

Athletics

A student who is enrolled in a competitive athletics class may receive physical education credits. When a sport is not in its competitive season, a student must receive no less than 400 minutes each 10 school days of physical activity or sport specific training while enrolled in those courses regardless of grade level.