

## Health Club Fitness

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### Course Description

All students will follow the school wide Mustang PRIDE and curriculum specific Wellness PRIDE expectations that are listed and practiced throughout school. Students will participate in a variety of fitness-based activity classes that would be taught in a health club setting. Classes may include units in stability ball workout, kickboxing, Pilates, yoga, killer abs/arms, or any new fitness trends in general health education. Classes incorporate a variety of fitness-based activities and will have the opportunity to use the fitness/weight room. Assessments may include written work and fitness testing. Heart rate monitors will be used as an assessment tool.

### Benchmarks and Shape America Standards

#### Learning Target and Society of Health and Physical Educators (SHAPE America)

DCSD Learning Target: Improvement of a student's cardiovascular endurance during the course of the semester.

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

DCSD Benchmark: Improvement of a student's cardiovascular endurance during the course of the semester.

Assessments Students will be assessed using the some of the following:

1. Goal setting exercises
2. Minutes spent in their target heart rate zone
3. Unit reflections (self and peer)
4. Fitness testing
5. Projects

## Content

In addition to the units in each class, students will be introduced to health and wellness concepts promoting a healthy, active lifestyle.

## Instructional Strategies

Teacher will use various strategies to include direct instruction, video analysis, goal setting, and cooperative learning.

## Academic/Behavioral Expectations (rules, consequences, makeup)

1. Students are not allowed to have cell phones or any other electronic devices in class unless approved by their teacher. Cell phones may not be used in the locker room.
2. Profanity will not be tolerated.
3. Students are expected to respect teachers, classmates, equipment, and themselves.
4. Students must come to class ready to participate with activity clothing, athletic shoes, heart rate monitor strap, and other required items designated by their teacher. Each student is given a heart rate monitor strap. If this is lost, the student will need to pay a \$15 dollar replacement fee in the business office.
5. Students must lock up valuables in their lockers. Students will be provided a lock/locker to use during class. Each student is responsible for their own belongings. No food or drink is permitted in the locker room. Students will report to the locker room at the beginning of class and back to the locker room after activity until the final bell rings.
6. Students will have the opportunity to make up an absence mornings from 7:00 to 7:25am or by completing written work on Teen Health and Wellness ([http://www.aea1.k12.ia.us/en/online\\_resources/teen\\_health\\_and\\_wellness/](http://www.aea1.k12.ia.us/en/online_resources/teen_health_and_wellness/)). Students must pre-arrange make-up with teacher. All make-up opportunities are provided on CANVAS. Make-ups are to be completed and turned in to CANVAS. It is students' responsibility to arranged make-up with teacher and make-up must be completed within 2 weeks of the absence.

## Grading Plan

(5 points) Cardiorespiratory Endurance Students will participate in lessons using Polar heart rate monitors/sensors to determine minutes spent in the target heart rate zone. Students will be graded using a target heart rate training zone and minutes spent in this zone.

(5 points) Unit and Activity Progression Students will graded on physical activity performance outlined by PRIDE Wellness expectations, performance criteria/rubrics, daily lesson expectations, skill progression, warm up activities.

## Grading Scale

90-100% = A+/- 80-89% = B +/- 70-79% = C +/- 60-69% = D +/-  
59 or below = F

## Communication Plan

Student progress will be available using Power School weekly. Individual teachers may be contacted by phone or email.

### Medical Releases

If a student has a medical release from a physician, all paperwork must be on file with the nurse. After this occurs, the student will be sent to the LRC to do an assignment. Students are expected to bring other work with them if the assignment is finished early. Students will report to assigned teacher at the beginning of each class for a pass to LRC to complete by end of class time.