

**Cleveland NJROTC Academy**  
**Course Syllabus: Weight Training/Aerobics**

**Teacher: Davis**

**Grade:10-12**

**Room: Gym**

**Course Description/Overview**

- Prerequisite Basic Physical Education 1 & 2
- We believe that physical education is a vital component for the development of a student's physical, mental and social well-being. It is our purpose to provide an equal opportunity to our students, through planned activities, for physical development in the areas of strength, flexibility, coordination, endurance, balance, agility, range of motion and power. Our diverse program will allow students the opportunity to develop individual skills and introduce new, enjoyable experiences for life long physical fitness and well-being. We will provide information for knowledge in proper exercise techniques and practices, good nutritional habits, basic muscle anatomy, and sports.

**Course Content**

- Areas of study include fitness tests, muscle identification and movement, weight machine safety, use of weight machines
- Skills/Objectives
  - Students will pass the physical fitness test
  - Students will practice fair play, sportsmanship, and team work everyday
  - Students will learn the basic fundamentals of weight training and specific weight machine use
  - Students will become familiar with safety and methods to increase and maintain muscle mass
  - Students will increase their individual fitness level throughout the semester
- Reading/writing requirements
  - Written work includes in class and homework assignments that reinforce concepts in units
  - Knowledge tests of concepts at unit culmination
- Course calendar/schedule outline
  - Week 1&2 – Fitness Testing
  - Week 3-18 – Fitness Training, walking, running, weight training, aerobics
  - Week 19 & 20 – Review and Final Exam

**Course Materials**

- Tennis Shoes that tie.
- Navy issued PT gear (yellow shirt, blue shorts) or
- Plain navy or black shorts, Plain white shirt

**Course Policies/Procedures**

- Attendance/absences/tardies
  - Attendance is essential. This is a skills class and ability to perform fitness skills and sports skills improves only with practice. In addition, because the content involves team sports, it is important that students attend everyday to assure that there are enough players for the different games. Grades are based mostly on participation and skills assessment, so if absent points for participation are lost. ( See in detail under Grades)
- Make-up/late work
  - Students may make up missed Physical Education classes by doing written assignments. The student will write a one-page summary on any health related article (nutrition, exercise, cancer, etc.)The student may find the articles in magazines, newspapers, journals, or internet. The article must be turned in with the summary to receive any credit.
  - If a student misses a fitness or skill assessment, they will need to make arrangements to come in the morning or stay after school to make up the activity.
  - The make-up work, whether written or activity, must be completed by the end of each grading period.
- Classroom expectations/norms (rules/discipline policy/plagiarism/cheating/passers)
  - Students must be in the locker room five minutes after class changes occur. After five minutes more (10 minutes after class changes occur), students must be in gym performing the "Do Now".
  - Students must wear Cleveland Navy issued PT/PE uniforms or plain blue/black shorts/sweats and a plain white t-shirt. No tank tops.
  - Appropriate athletic footwear. (Tennis shoes that tie)
  - Students must lock all of their belongings in the lockers with their own lock.

- Students should not share lockers.
- Locker room doors will be locked after students have locked their belongings and all are dressed.
- Cell phones are not permitted in class or in the locker rooms. If they are seen being used they will be taken and the student will be written up and have consequences of in-school or out of school suspension. (See student handbook)
- The Physical Education Department will not accept responsibility for lost or stolen items.
- No jewelry, water bottles, chapstick, lipstick, grease, lotion or any other items should be brought into the gym.
- No food or drinks allowed in class.
- Students are expected to comply with the classroom rules or will receive disciplinary actions.
- Students are expected to follow safety rules and strive to participate to the best of their ability and improve their individual levels of fitness.
- Students shall have respect for classmates, teacher and equipment.
- We do travel across Kingshighway to Tower Grove Park for some classes.\*
- Notebooks, class notes, participation, group work
- Journals will be kept with all written assignments and class notes
- Homework policy
- Homework is due on the date it is assigned. Assignments can be made up at a 10% decrease in scores.

### Grading/Assessment

- Grading scale, explanation of grade calculation, point values/%grade distribution for items graded
 

-90% - 100% = 4	• TEST/PARTICIPATION	= 45%
-80% - 89% =3	• DAILY WORK/DRESS OUT	= 30%
-70% - 79% =2	• QUIZ	= 10%
-50% - 69% =1	• MILITARY BEARING	= 15%
<50% =0		
- Each student will receive 10 points per day for dressing out. Students must have shirt, shorts and shoes to get all 10 points. Missing any item receives 0 points.
- Non-Dress Policy
  - 1 day) Teacher/student conversation
  - 2 days) Teacher/parent contact
  - 3 days) Discipline write-up/Lunch Detention
  - 4+days) Administrator/Teacher/Student contact + 1 drop in letter grade
  - 8+days) Cass failure
- Each student will receive 10 points per day for participation. Deductions will occur for non-participation, tardiness, absences, discipline problems.
- Types of assessments (quiz, unit test, benchmarks, labs, project/performance)
  - Skills assessments
  - Fitness assessments
  - Homework assignments
  - Unit tests

### To Achieve Success In This Course

- Students should dress out and participate to their best ability and turn in all work.
- Students should respect classmates, teacher and themselves.

### PLEASE SIGN BELOW AND RETURN THIS PAGE.

We received and read the syllabus information for \_\_\_\_\_

Cadet Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

(Please print name)

## Cleveland NJROTC Academy

### Course Syllabus: Health

Teacher: Coach Davis

Grade: 10-12

Room: 004

#### Course Description/Overview

- No Prerequisites
- Throughout this one-semester health course, students will be addressing the guiding question: "What is healthy living, and what are their responsibilities (to themselves and others) in terms of health and safety?" This course provides students with information, and guides them through using that information to role-play difficult decisions, debate topics pertinent to their lives, articulate their thoughts and feelings through writing dialogue, and to identify with others in fiction and nonfiction reading. In addition, they will examine materials from a personal perspective. Units may end with research and presentations. Students will use the frameworks of "How does this issue affect my life," and "what impact will my actions and choices have upon others."

#### Course Content

##### Topics/Themes/Areas of Study

- Nervous system, digestive system, cardiopulmonary system, immune system, reproductive system
  - Skills/Objectives/Reading/Writing requirements
- In order to be successful in this course you must be focused, committed; and willing to consistently work hard. You will earn your grade based upon your performance in the following areas:
- 1) Homework: You are expected to have your daily assignment completed (on the due date) before entering the classroom. A homework assignment must have a proper heading in order to be graded.
  - 2) Tests, Quizzes and Exams: You are expected to take every quiz, test and exam given during the course of the school year.
  - 3) Classwork and Class Participation: You are expected to fully participate in all classroom activities. These may include competing "Do Now" activities and written work, taking notes, discussing topics, explaining and solving problems, writing journal entries, and working problems on the chalkboard/overhead/whiteboard. A student who is tardy to class without a note from a staff member cannot receive full class participation points, because you cannot earn points if you are not here to participate. A grade of zero (0) is given for any missing work.
- Course calendar/schedule outline
    - Unit 1 –The nervous System Weeks 1-4
    - Unit 2 –The Digestive System Weeks 5-8
    - Unit 3 – The Cardiopulmonary System Weeks 9-12
    - Unit 4 – The Immune System Weeks 13-16
    - Unit 5 – The Reproductive System Weeks 17-20

#### Course Materials

- Textbook :Health
- Material: Paper, pencil, Notebook and calculator

#### Course Policies

- **Attendance/absences/tardiness/make-up work**
  - Absence due to field trip/school activity: In this case you should turn in your homework and pick up the new assignment on day of the field trip or activity.
  - Absence due to verified illness: In this case, it is expected that your parent will contact the school on the day of the illness to verify the absence. A student returning from a verified absence will be allowed to make up missed work. You must turn in the completed work within the number of days that you were absent (e.g. two day absent= make up work due in two days.)
  - Absence due to out-of-school suspension: In this case your parent should make arrangements to pick up your assignments. Completed homework is due when you return to class. The maximum credit is 75%.
- Classroom Expectations/norms (rules/discipline policy/plagiarism/cheating/passes)

- Students should always come to class prepared.
- Students should read assigned materials.
- Students should participate in class discussions.
- Students should respect instructor and classmates at all times.
- After verified absence from class, obtain missed assignments from instructor. Failure to do so will result in a zero for assignment.

### Grading/Assessment

- **Grading scale:**

Grade	Scale
A	90 - 100
B	80 - 89
C	70 - 79
D	60 - 69
F	59 - 0
- **Grading scale, All marking period grades are calculated using the following weights:**
- **Tests** 45%
- **Classwork** 30%
- **Military Bearing** 15%
- **Quizzes** 10%
- **Types of Assessments:** (quiz, unit test, benchmarks, labs, project/performance)

### Course Procedures

- Sharpen Pencils and pick up supplies when you enter the room.
- Homework will be collected at the beginning of class. Have it ready for collection.
- When the teacher (or any other adult) enters the room, "Attention on deck" will be called, and all class members will immediately come to attention. We will observe the "Attention on deck" rule at the start and the end of the class.
- Remain seated and be attentive during the lesson time. Work during work time.
- Do not call out answers
- Materials can be put in waste basket at the end of class.
- Exit the classroom in an orderly manner.
- Acceptable classroom behavior is expected at all times.

### Additional Information

- Students who need extra help are encouraged to see me before school, during lunch, or after school.
- Contact Info: barton.davis@slps.org, (314) 776-1301, Prep Period ( 1st Hour, Mon and Wed and 7th Hour Tuesday and Thursday)
- This syllabus is subject to change by the instructor to comply with SLPs/Cleveland Junior Naval Academy policy changes.

Cadet Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## Cleveland Physical Education Rubric

Standards	90-100	80-89	70-79	60-69
1. Participate in Physical Activity	Willingly participates, seeks further challenge and exhibits enjoyment of physical activities	Willingly tries all activities offered	Occasionally refuses to participate	Frequently fails to <u>TRY!!!</u>
2. Maintain/Improve Physical Fitness	Maintains and seeks to improve healthful levels of physical fitness in all five components of health related fitness.	Demonstrates deficiency in one component of health related fitness.	Demonstrates deficiency in two components of health-related fitness	Demonstrates deficiency in 3 or more components of health related fitness
3. Demonstrate self-reliance, esteem, self-confidence	Leads by example: demonstrates respect; offers encouragement, seeks to solve problems.	Demonstrates respect for self and others.	Needs occasional reminders regarding acceptable behavior	Frequently refuses to take responsibility for actions.
4. Demonstrate Proficiency in Skills	Demonstrates proficiency in development of age-appropriate physical skills in game situations.	Shows proficiency in development of age-appropriate physical skills in game situations.	Occasionally shows lack of proficiency in development of age-appropriate physical skills in game situations.	Frequently shows a lack of proficiency in development of age appropriate skills in game situations.
Apply knowledge in physical activity settings	Consistently applies knowledge of rules, cues and strategies in physical activity. Displays leadership	Regularly applies knowledge of rules, strategies and cues in physical activity settings.	Frequently unable to follow rules or apply strategies or movement cues in physical activity settings.	Demonstrates little understanding of rules, strategies and cues in physical activity settings.