

FIT FOR LIFE

TEACHER: MCKENZIE STOWELL E-MAIL: MCKENZIE.STOWELL@NEBO.EDU PHONE EXT: 1542

Class Website: <http://mmhshealthylifestyles.weebly.com> (Bookmark this website!)

Course Description:

Fitness for Life is designed to educate students on the value of achieving and maintaining a healthy lifestyle. Students will know and understand the importance of cardiovascular fitness, strength, flexibility, endurance, weight control, nutrition and stress management. This class will require both physical and written participation (notes, computer lab, projects, and tests)

Class Policies:

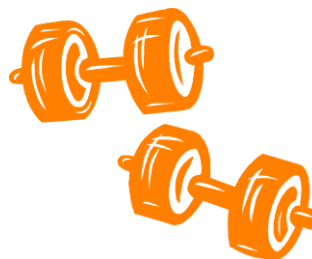
It is expected that EVERY DAY you will be dressed in appropriate attire for physical activity. You will have 7 minutes to change at the beginning and end of the period. Locker rooms are to remain locked the remainder of the period. Students will check in with their teacher after changing at the end of each period. Any student that leaves early or without permission during the period will be marked as a sluff.

PE Uniform:

White shirt and Maroon shorts and tennis shoes. We sell white t-shirts for 5 dollars and maroon shorts for 10 dollars. They may also wear anything that is school issued and says Maple Mountain.

Locker Room:

Lockers: Each student will be issued a small locker prior to the beginning of activities. Students are expected to keep their combinations confidential and lock all items inside their locker. The locker room is the NUMBER ONE PLACE FOR THEFT! MMHS is NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS from the locker room!! Showers are available for student use, but you must provide your own towel.



Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. -John F. Kennedy

Grading System:

Assignments=20%

Tests=20%

Participation=60% of grade

25 daily points are awarded as follows;

+5 points for being on time

+10 points for improper attire

+10 points for full participation (points deducted by lack of participation and/or behavior issues)

Grading Scale

A 100-93%

C 76.99-74%

A- 92.99-90%

C- 73.99-70%

B+ 89.99-87%

D+ 69.99-67%

B 86.99-84%

D 66.99-64%

B- 83.99-80%

D- 63.99-60%

C+ 79.99-77%

F 59.99 ->0%

Attendance and Make Up Policy:

Each student can make up 4 excused absences. Activity excused absences don't count against their grade. Dr.

Note can be used up to three class periods, any special circumstances are upon teacher discretion. **PE**

makeups will be offered every Wednesday after school from 2:30 to 3:00pm.

**If a student is unable to participate due to injury or illness, they are expected to have a doctor's note, or

parent e-mail/call me before the start of class, but must still dress out. PARENT NOTES WILL NOT BE

ACCEPTED. If students will be out for more than one class period due to illness/injury, a doctor's note will be

necessary to keep on file. You have two weeks from your absence to turn in a make-up assignment. After two

weeks I will not accept any make ups. No makes up for tardies. If you walk into class late, it is your

responsibility to sign the tardy log.

STUDENT MEDICAL HISTORY

FULL NAME OF STUDENT _____

Grade _____ Period _____

PARENT OR GUARDIAN _____

HOME PHONE _____ PARENT E-MAIL _____

FATHER'S CELL PHONE _____ MOTHER'S CELL _____

IN CASE OF AN EMERGENCY PLEASE CONTACT:

NAME: _____ PHONE: _____

PRESENTLY UNDER DOCTOR'S CARE FOR AN INJURY OR ILLNESS? YES ___ NO ___

HEALTH PROBLEMS THE PE DEPARTMENT SHOULD BE AWARE OF:

ALLERGIES? _____

I have read the course information, understand the requirements for participating in Physical Education class at MMHS. I will not hold Maple Mountain High School nor Nebo School District liable for any injuries that occur while participating in any physical education class under proper supervision.

PARENT SIGNATURE

STUDENT SIGNATURE
