

BodySculpt Syllabus

Instructors:

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*please feel free to contact your teacher with any issues or questions!

Grading per quarter

60% participation

15% Skill Grade

25% tests and written

BodySculpt objectives:

- ◆Students will experience a large variety of group exercise activities
- ◆Students will be able to self reflect on their own fitness level as well as set personal goals for themselves in an exercise setting.
- ◆Students will be able to execute and experience differing types of exercise

Basic "rules" of the class

- Do your very best every day
- Respect yourself, classmates, and teacher
- Have fun!
- You are graded on your effort, participation level, and behavior.

Participation and effort: You will be given daily points based on your level of participation. Each day you have the opportunity to EARN your participation points. *They are not automatically given to you.* The expectation is that you signed up for a workout class and that is what we do everyday. Effort and attitude play a role in your grade, so be sure that they are positive! This class is designed for YOU to benefit and introduce you to a large variety of group exercise classes. Make the most of it...this is the only body you get! See grading rubric for specific details on website.

Unexcused absences (or cutting class) can NOT be made up. Each one will result in a FULL LETTER GRADE DROP. NO exceptions. If you accumulate more than 4 in one semester, you will fail the semester. ****If you are absent and it comes up as UNEXCUSED in the attendance program, it will be entered into the grading system as a ZERO for that day AND a letter grade drop. It is YOUR responsibility to check pinnacle and keep track of your grades.

HOW TO GET AN "A" IN BODYSCULPT.

Follow these 3 simple things to get an

- FULL RANGE OF MOTION
- FULL EFFORT AND ENERGY
- BE A CONTRIBUTOR, NOT A CONTAMINATOR

Website to use for projects and questions:

www.nvhspe.com

Tardies: If you are late, you will be marked tardy (even 10 seconds IS CONSIDERED LATE!) and this will result in points taken off. You can NOT make up points lost due to tardies. We have a very limited time frame and want to make the most of our time...so be on time!

PE is a GRADUATION REQUIREMENT. If you do not pass this class, you CAN NOT graduate. It does get factored into your GPA.

Extra credit: There may be a few opportunities for extra credit. As the semester goes on, I will give a few options and the due date for them. No special assignments for individuals. Also see nvhspe.com for other options for all PE classes.

Student absences and make-ups:

If you are ill or EXCUSED from this class, you have an opportunity to have 3 excused absences before you are required to make up the points that you missed from your 4+ absences. (So any absence after the third one per quarter needs to be made up, or those days are marked as a ZERO for that day and any after the third absence). Make-ups are held after school in the cardio room. Pick up a slip from the PE office (E109) or online at www.nvhspe.com and complete the makeup and return the signed sheet to your teacher for points. Please see your teacher with questions regarding these. You can not claim that you were not aware and expect to make up absences at the end of the quarter or semester...You should be checking your grade in TAC.