

HOPE Course Syllabus

Course: HOPE

Instructor: Coach Ben Singleton

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Classroom: G3/Weight Room/Grace Gym

Course Textbook - Total Health: Choices for a Winning Lifestyle

Materials - SFCA Physical Education Attire (PE uniform available in the athletic office.)

Course Objective

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will realize the full benefit of this course when it is taught with an integrated approach.

Course Expectations

It is expected that each student will dress out properly and faithfully participate in the functional strength and cardiorespiratory programs as well conduct themselves in a mature manner during our topical discussions.

Materials

Proper HOPE attire consists of the SFCA standard issue PE shirt and PE shorts which is available for purchase in the spirit store. Students will need to wear proper "gym shoes." Examples of unapproved shoes include crocs, sandals, hey dudes, boots, and dress shoes. Additionally, all students are expected to have a charged and operational laptop for every class.

Category Weights

Participation: 40%

Dress out: 40%

Evaluation: 20%

Class Expectations

In order to maintain a classroom environment which is conducive to effective learning, teachers will establish standards they deem necessary. However, all classes will maintain the following standards:

1. Be on time, prepared and attentive in class – Proverbs 18:15
2. Strive to be a better athlete – Colossians 3:23
3. Be respectful of authority and of peers – Mark 12:30-31

The secondary classroom management policy for addressing minor and repeated disruptions by students is a 4-step plan. Any major instances of unacceptable behavior will always be dealt with.

4-Step Plan

1. The student will receive a verbal warning the first time.
2. The student will receive a written warning the second time that will be sent home to the parents via FACTS and a conference may be requested.
3. The teacher will assign a penalty to the student in the form of a detention, written assignment, or other discipline deemed appropriate if there is a third occurrence of discipline issues.
4. The teacher will refer the student to the Administration if a fourth incident arises.

*Warnings can be individual or for the class if there is a delayed response to a call to order of the class. All other steps would be addressed with individual students as needed.

Student Expectations

- It is expected that every student will conduct himself in an orderly, courteous manner at all times with prompt and respectful obedience to all school personnel, following all adult direction without comment. If a student questions a teacher’s decision, he/she should speak to the teacher privately after class. At that time, he/she should respectfully explain the situation and wait for the teacher’s response.
- It is expected that every student will respect the feelings and rights of others. This includes students, teachers and visitors.
- It is expected that every student will conduct himself/herself in an honest manner, avoiding such actions as lying, stealing and cheating.
- It is expected that every student will be on time to each class and be prepared with a proper mental attitude and all their necessary materials, books and assigned work.
- It is expected that every student understands that the teacher’s desk, computer, and other personal belongings and work area is personal property and will be treated as such.

Syllabus Acknowledgement of HOPE

- The syllabus contains important information for this course. It is important for both parents and students to read and discuss the information.
- After reading the syllabus, fill out this form and **return it to Coach Ben Singleton by Monday, August 14th**. Returning this form on time will count as a participation grade.

I have read the course syllabus...

Student Name (PRINT) _____

Student Signature _____

Parent Signature _____