**SFCA: Fitness and Nutrition (FAN) Syllabus 2021-22**

**Subject:** Fitness and Nutrition

**Instructor:** Mr. Garner  
**Email:** ross.garner@sfcakings.org

**Classroom:** Grace Building, Stage 2, Room G-3 or Grace Gym/Weight Room

**Textbooks:** *Nutrition Essentials: A Personal Approach,* 3rd Edition, by Wendy J. Schiff

**Course Expectations**

* Demonstrate nutrition and wellness practices that enhance the well-being of individuals, families, and communities.
* Students will be able to plan and establish healthy eating habits, explain how nutrients and ingredients impact their body in the short and long-term, and analyze the healthiness of specific foods and meals.
* Participate weekly in physical activity (running, jumping, resistance training, lifetime activities etc.)
* Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.
* Demonstrate competency and proficiency in a variety of movements.
* Develop and implement a training program to achieve and maintain a healthy level of physical fitness.
* Exhibit responsible personal/social behavior that respects self and others in physical-activity settings.
* Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

**Materials**

* SFCA PE Uniform – shirt and shorts – they can be bought from the Athletic Department Office.
* Athletic Shoes. Must cover your toes and cannot be slip-ons such as Crocs, Sliders, Hey Dudes etc.
* Laptop

**Technology**

* All high school students are required to have a fully charged, fully functioning laptop in class each day. Cell phones and other tablets are not acceptable devices.

**Grading**

* **50% Evaluation (Test) Days / Presentations:** We measure improvements in speed, power, strength, endurance, mobility, and other physical qualities every 4-8 weeks. Students will be tested on fitness and nutrition topics. Each semester, students will have a presentation on a fitness and nutrition topic.
* **30% Quizzes:** Students will demonstrate what they have learned about fitness and nutrition.
* **20% Daily Dress-Out, Participation, and Assignments:** To participate in workouts or activities, students must dress out (when in gym).Students are required to wear SFCA PE Attire (Shirt and Shorts) and Athletic Shoes. In the classroom, students will participate in discussions or complete assignments.

**Class Expectations (Rules/Consequences)**

* **Promptness**
  + Being on time to class (or anywhere in life) is a matter of respect and caring about the task at hand. You would never be late to something you care about!
* **Safety**
  + Students will participate in all class activities (prep, class activity, cool down).
  + Students will use equipment only as instructed.
  + Students will wear appropriate attire (PE shirt/shorts with athletic shoes).
  + Students will refrain from off-tasks behavior in all PE areas.
* **Equipment Care**
  + No equipment will be taken or used without permission of the teacher.
  + At end of class, all equipment shall be put back where it came from.
  + Any equipment that is broken or unusable should be reported to the teacher immediately.
  + Any student seen abusing equipment will be prohibited from us in the future.
* **Non-Participation**
  + A non-participation occurs any time *you (the student) choose* not to participate for the day.
  + For any non-participation, the student will receive 0-points for the daily grade.
  + If it is excused, you will be given the opportunity to make-up points in a timely manner.
  + You may NOT make-up work for an unexcused non-participation.

**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 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.
* It is expected that every student will remain in compliance with the classroom teacher’s rules, policies and procedures.

Minor student disruptions will be dealt with following the secondary 4-step discipline plan.

* The student will receive a verbal warning the first time.
* 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.
* 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.
* The teacher will refer the student to the Administration if a fourth incident arises.

**Acknowledgement**

**Please sign and return this syllabus by Monday, August 16th, 2021**  
  
**Student/Parent signature:**

**Student:**   
  
  
  
  
  
**Parent:**