Course Syllabus

**Subject:** HOPE

**Instructor:** Coach Daniel Byrd

**Classroom:** Studio G/Weight Room

**Course Textbook -** Lifetime Health- Holt, Rinehart, & Winston

# Course Objective

The HOPE course is a combination of physical education and the study of various health topics facing our students today. The physical education segment of the class will focus on dynamic functional strength using the weight room to improving overall strength, flexibility, and balance. In addition, we will implement core training as well as speed, agility, and quickness training. The health segment will include the following topics: nutrition, drugs, tobacco, alcohol, violence, infectious diseases, self- esteem, and reproductive health.

# 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 P.E. attire consists of the standard issued SFCA P.E. uniform available for purchase in the spirit store.

# Category Weights

Evaluations during the quarter will involve:

Participation: 40%

Dress Out: 40%

Evaluation: 20%

The quarter grade is determined by combining both the health and physical education averages.

# Classroom 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. On time
2. Prepared for class
3. Respectful of authority and of peers
4. Attentive

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 immediately and appropriately.

# Step Plan

* + **First Time-** Warning
  + **Second Time –**accountability requirement will be assigned
  + **Third Time –** school detention will be assigned
  + **Fourth Time –** immediate referral to the office

\*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 to the 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 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.

**Syllabus Acknowledgement of 9th Grade HOPE**

·     The syllabus contains important information for this course. It is important for both parent and student to read and discuss the information. After reading the syllabus, fill out this form and **return it to Coach Daniel Byrd by Monday, August 16th.**  Return of this form will count as a participation grade.

**I have read the course syllabus…**

Student Name (PRINT) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_