



D106

623-376-3046

Kelly.saufley@dvusd.org

This conditioning, heart rate monitoring and muscles.

By the time the student completes this course of study, the student will know or be able to:

- List and Explain why it is important to be physically fit.
- Execute knowledge of safety precautions during class.
- Describe and demonstrate how to perform a body fat test and monitor their heart rate correctly.
- Learn how to write fitness goals.
- Explain the different muscles in the body and how the muscles are used during each exercise
- Keep track of all assignments and handouts in portfolio folder (This will be used to help review for the final exam)
- Explain the follow terms: cardiovascular fitness, flexibility, and the principles of training, aerobic and anaerobic, body types, body composition, and recovery. .

Fitness Center rules have been established to create a positive and safe environment. The following are the class rules:

1. The students will be on time and lined up in attendance squads
2. The students will be prepared with proper attire/supplies
3. Follow directions the first time they are given
4. Horseplay and misconduct will not be allowed in the locker room or the fitness room
5. Maintain a positive attitude

1. Do not bring valuables to class. For example –



Green: Open device use. Students may use their device independently to take notes, complete assignments, conduct research, communicate with the teacher, check grades, and other appropriate educational uses of the device. Students should not access inappropriate content or cause disruption in this environment.

Devices may not be used to record or take photos of other people without their consent. Consequences for classroom disruptions and misuse of devices will follow a progressive discipline model, beginning with a phone call home and progressing to office referrals for repeated or more serious offenses. Students who have devices out during a Red environment or during testing, may lose credit on their test or quiz. See the Student Rights and Responsibilities consequence chart in the handbook for more specific descriptions