Personal Fitness Class Syllabus

Instructor: Mrs. Smith / Coach Smith Location: Building 1 Room 47

E-Mail: [Smithmaryr1@pcsb.org](mailto:Smithmaryr1@pcsb.org)

**Course Description**

This course is designed ……. In this class students will be graded on three components written work (25%), skills and fitness (25%) and preparedness to work/participate (50%). Students will monitor and track their health and fitness throughout the course, creating and working towards improvement goals as a well as completing fitness tests and quizzes related to notes. This class is meant to challenge the student both physically and mentally; be prepared to sweat on the field and engage enthusiastically in the classroom.

**Materials Needed**

* Folder/paper and writing utensil
* Water bottle (please fill during break prior to class)
* Please wear proper shoes

**Course Goals**

1. ***Develop lifelong skills to improve physically fitness and health***
2. ***Understand Cardiovascular Endurance, Muscular Strength, Muscular endurance, Flexibility***
3. ***Have fun!***

Expectations

