

HEALTH TERM PROJECT

VISUAL DISPLAY/POWER POINT PRESENTATION

Requirements: Each student will pick a topic dealing with health, such as anorexia, heart disease, schizophrenia, depression, just to name a few. On some type of visual display the student will tell about his/her subject. The following requirements should be on each display.

1. 5 Questions: all questions must be answered and displayed on the project. Answer questions briefly, but completely.
 - a. What is this disorder? Define it.
 - b. What are the signs or symptoms of this disorder?
 - c. How did the person contract this disease/disorder? Is it a functional or organic disorder?
 - d. What treatment or cure is there for this disorder? (Medications, operations etc.)
 - e. What prevention can you take in your life now to make sure you do not get this disorder?

2. Illustrative work-pictures, charts, graphs, magazine clippings, news articles are some suggestions. The student does not have to use all of these, but should use at least one.

3. Use bold lettering to title the project.

4. Neatness: no eraser marks no glue showing etc.

5. Creativity

6. Sources: The student must find at least 2 sources to answer the above questions. Sources must be listed somewhere on the project. Sources can be obtained from books, magazines, pamphlets, newspapers, Internet, or human sources. (only one source from internet)

Project is worth 100 points. .

PROJECT DUE DATE_____

WEIGHT TRAINING DISCLOSURE STATEMENT

Weight Training is a one semester course designed to help students understand the importance of muscular strength, endurance, flexibility and body composition while learning the fundamental skills of how to lift weights.

UNIFORM

1. T-shirt: No buttons or pockets on the shirt, wear modest attire. No belly shirts or tank tops of any kind. T-shirts only! (T-shirt means sleeves, and lower than your shorts or sweats)
2. Shorts or sweats: No cuts off's of any kind. Spandex shorts are O.K. if worn under regular shorts.
3. Proper gym shoes: No sandals or open toe shoes! (The wearing of sandals will result in a no dress.)

*If improperly dressed the student will take a no dress day and be asked to change into the proper attire.

GUM/JEWELRY/FOOD

1. Please spit out all gum, candy etc. before coming into the weight room. No food or drink allowed in the weight room.
2. Stud earrings O.K., loop or dangle earrings, necklaces and rings can be dangerous in the weight room. Please do not wear it.

ATTENDANCE/PARTICIPATION/DRESS/INJURY OR ILLNESS

1. The student will be allowed only one no dress day per quarter. No points lost. On the second or consecutive no dress days, the student will receive a 1/3 grade drop (A to A-, B to B- etc) **NO DRESS DAYS CANNOT BE MADE UP! A STUDENT MAY NOT PARTICIPATE IN PHYSICAL EDUCATION ACTIVITIES WHEN THEY ARE NOT DRESSED.**
2. Whether you dress or not if you don't work out you lose your participation points.
3. Up to 4 absences can be made up. On the 5th or consecutive absence the student's grade will drop 1/3. 10 absences or a combination of 10 absences and no dress days will result in a failing grade for weight training.
4. Tardies will be attached to your attendance grade. A student is considered tardy five minutes after the tardy bell has rung and up to 10 minutes after the tardy bell.
5. If a student becomes injured or is ill the student will need to bring a parent or doctor's note explaining what the problem is and how long the student will be unable to participate. Students will still be required to dress and do what they can. For example if a student has an ankle injury, they can still do upper body lifts or activities, if a shoulder is injured a student can do lower body activities. If a student cannot participate at all, and will be unable to participate for 2 weeks or longer parent contact is needed.

**In Weight Training the student will follow the SHS and Nebo School District attendance policy.

**Make-up for absences and tardies

- Absences: Students need to do 60 minutes of moderate physical activity to make up one absence.
- Tardy: Do the above make-up, 30 minutes will make up one tardy. Only 4 tardies may be made up this way.
- Student will get a make-up sheet from the teacher, write down how long they did the physical activity, the date completed, and have a parent or guardian sign the paper confirming the activity was done. Hand the make-up in to Mrs. Hartvigsen.

****MAKE-UP WILL ONLY BE PUT IN AT THE END OF THE QUARTER**

Remember only 4 hours of make-up is allowed, this is tardies and absences combined. Use your 4 hours wisely.

GRADING

- | | |
|--------------------------------------|-----------------------|
| 1. Attendance | 20% of students grade |
| 2. Dress points/participation points | 80% of students grade |

GRADE BREAK DOWN

100-95%=A	94-90%=A-	
89-87=B+	86-83=B	82-80=B-
79-77=C+	76-73=C	72-70=C-
69-67=D+	66-63=D	63-60=D-
59 > =		

SPECIAL RULES

1. If you need to leave class-ASK!
2. No students, even on a no dress day, allowed in the coach's office.
3. Roll call will be 5 minutes after the tardy bell. I will excuse students 10 minutes before class ends. **DO NOT GO INTO THE UPPER HALLS!** (Do not go past the 1st set of gym doors.)
If a student does go into the upper halls the student will lose all 15 points for the day. The student will be unable to make up these points.
4. No cell phones! If I see a cell phone it will be taken away and you and a parent will need to pick it up from the office after school.
5. Keep the locker room clean, pick up your trash, keep your locker clean, and take your clothes home to be washed at the end of each week.

** The addition of worksheets, cardiovascular activity, as well as a max test will be part of this class. For the first week students will meet in my classroom or the lab, during this time the student will learn the basics of weight training, benefits of weight training and how to write up a program. When students begin physical activity in the weight room they will be expected to not only lift weights but also do some type of cardiovascular activity. At the end of each quarter students will be tested on improvement in the class, by increasing the maximum weight they can lift.

Weight Training Disclosure Statement 2008-2009

I _____ understand the rules and regulations for this weight training class.
I understand that I am responsible for participation and attendance make-up.

Student signature

parent signature

E-mail address (please print)_____