



Physical Education Syllabus
CHS Health and Physical Education Department

Contact Information: Parents may contact me by phone, email, or visiting the school.

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Teacher Contact Websites: None available for this class.

CCSD Vision Statement: The Chillicothe City School District will provide tomorrow's leaders with a high quality education by developing high expectations and positive personal relationships among students, staff, and community members.

CCSD Mission Statement: The Chillicothe City School District empowers students to learn, to lead, and to serve.

Course Description and Prerequisite(s) from Course Handbook:

The physical education course is a laboratory of physical activity experience(s). Through this medium of physical experiences, we introduce students to new physical activities, develop life activity skills, acquire knowledge and understanding and to develop necessary social concepts.

Physical education activities at the high school have been geared towards lifestyle physical activities (fitness for life) while still providing recreational sport activities as well. Activities can be carried into life, enabling the student to participate in these activities during leisure time for health and recreation purposes.

Learning Targets: Defined below for clarity are the Unit Titles, Big Ideas of every Unit taught during this course and the Essential Questions to be answered to better understand the Big Ideas. A student's ability to grasp and answer the Essential Questions will define whether or not he or she adequately learns and can apply the skills found in Big Ideas. This will ultimately define whether or not a student scores well on assessments administered for this course.

- **1st or 3rd Quarter**
 - **Unit I Title:** Your Total Health and Wellness
 - **Big Idea #1:** The Three Elements of Total Health and Wellness

- *Essential Question #1:* List and describe the three elements that contribute to your total health and wellness. Why is it necessary to take into consideration all of these elements?
 - *Essential Question #2:* List the seven-lifestyle factors that help contribute to positive total health and wellness.
 - *Essential Question #3:* Define health literacy. Identify and explain the four properties of a health literate person.
- **Big Idea #2:** Taking Charge of Your Total Health and Wellness
 - *Essential Question #1:* List the six categories of personal health risk factors that can negatively affect teenagers and young adults.
 - *Essential Question #2:* Explain how protective factors can offset risks. Who/or what are those positive role models currently in your daily lives that challenge you to excel in all areas of total health?
 - *Essential Question #3:* Why might a teen that is informed about health not practice good health habits? Would the teen be considered health literate?
- **Big Idea #3:** Building Health Skills and Decision Making
 - *Essential Question #1:* Social health skills consist of *communication skills* and *refusal skills*. List the four communication skills that lead to effective communication. List the five refusal skills that can help you refuse unhealthful behaviors.
 - *Essential Question #2:* Mental and emotional skills consist of *building self-esteem* and *stress management skills*. List the two strategies for building and improving self-esteem. List the three stress management skills one may use when feeling overwhelmed when stress threatens.
 - *Essential Question #3:* There are six basic steps in making an important decision. List and describe the six basic steps of the decision-making model. What are the benefits of practicing proper decision-making?
- **Unit II Title:** Physical Fitness and Your Health
 - **Big Idea #1:** Physical Fitness and You – The Components of Fitness
 - *Essential Question #1:* Your level of physical fitness affects your physical, mental/emotional, and social health. Define physical fitness. List two benefits of being physically fit that can positively affect each area of your total health.
 - *Essential Question #2:* Having total fitness means achieving a healthy level in each of the five areas of the Components of Fitness. List and define the five Components of Fitness. List

the tests that you would perform on the Presidential Fitness Test to measure each area of the Components of Fitness.

- *Essential Question #3*: Sensible exercise is good for you. The more muscles and joints you work, the greater the total health gain. How would one improve their cardiorespiratory endurance? How would one improve their muscular strength, muscular endurance, and flexibility?
- **Big Idea #2: Setting Goals and Creating an Action Plan**
 - *Essential Question #1*: Explain the difference between long-term and short-term goals, giving examples of each.
 - *Essential Question #2*: An Action Plan consists of six action-based steps that can help you accomplish your goals. List and describe the six steps of creating an Action Plan.
 - *Essential Question #3*: List some additional goal setting pointers that can maximize your chances of goal setting success.
- **Big Idea #3: Skills-Related Fitness**
 - *Essential Question #1*: When selecting new sports or physical activities, it is best not to limit yourself to a single type. Describe why it is important to select new sport activities and to alternate physical activities.
 - *Essential Question #2*: Name and define the six areas of skills-related fitness.
 - *Essential Question #3*: List the tests that you would perform to measure each area of skills-related fitness.
- **2nd or 4th Quarter**
 - **Unit III Title: Introduction to Nutrition, Weight Training and Muscle Groups**
 - **Big Idea #1: Nutrition – Benefits to Proper Nutrition on Personal Fitness**
 - *Essential Question #1*: Download the MyFitnessPal app onto your mobile device. How does this app work? How do you plan to use this app in your daily life?
 - *Essential Question #2*: Name the five sections of the MyPlate food guide. Identify the recommended serving ranges for each section.
 - *Essential Question #3*: Give three examples on the role physical activity plays in weight management.
 - **Big Idea #2: Weight Training Essentials**
 - *Essential Question #1*: List and describe the three basic parts necessary during a weight training session.
 - *Essential Question #2*: In order to derive maximum benefit from exercising, you need to include three basic stages. These

stages are the *warm-up*, the *workout*, and the *cool-down*.

Describe each one of these stages and the importance of each stage being included in each weight training session.

- *Essential Question #3*: List and explain the *F.I.T.T.* formula.
- **Big Idea #3**: Basic Muscular Anatomy
 - *Essential Question #1*: Name the three types of muscles and describe their functions.
 - *Essential Question #2*: List the three ways to keep your muscles strong and working efficiently.
 - *Essential Question #3*: Skeletal muscles are essential in performing physical movements. Identify the skeletal muscles of the large muscle groups.
- **Unit IV Title**: Developing a Personal Fitness Plan
 - **Big Idea #1**: Getting Started with a Personal Fitness Plan
 - *Essential Question #1*: It is essential when developing a personal fitness plan to consider your fitness goals. Setting fitness goals can help by providing you with a plan for action. Another way of goal setting is by creating a S.M.A.R.T. goal. Name and describe how to create a S.M.A.R.T. goal.
 - *Essential Question #2*: A number of factors affect the kind of personal fitness plan you follow. List and describe the personal factors that can affect your choice of physical activities.
 - *Essential Question #3*: The Activity Triangle is an excellent tool in getting started on a personal fitness plan. List the six areas of the Activity Triangle. Give two examples from each area of the Activity Triangle.
 - **Big Idea #2**: Basics of a Personal Fitness Plan
 - *Essential Question #1*: In order to derive maximum benefit from exercising, you need to include three basic stages. These stages are the *warm-up*, the *workout*, and the *cool-down*. Describe each one of these stages and the importance of each stage being included in each weight training session.
 - *Essential Question #2*: Creating a cardio workout. How many days a week should you complete aerobic exercise? How would one improve their cardiorespiratory endurance?
 - *Essential Question #3*: Creating a weight-training workout. How many days a week should you complete weight training workout? How would one improve their muscular strength, muscular endurance, and flexibility?
 - **Big Idea #3**: Physical Activities and Total Health in Your Personal Fitness Plan

- *Essential Question #1:* How do lifestyle activities differ from sports activities?
 - *Essential Question #2:* Just as a well-designed exercise program begins with a warm-up, it is wise not to begin a new sport or physical activity without careful preparation. List and describe some important considerations for a training program when it comes to physical activity and total health.
 - *Essential Question #3:* Describe how the mind-body connection affects physical activity, your total health, and your ability to stick to your personal fitness plan.
- **END OF COURSE EXAM**

Course Materials:

- Three-ring binder folder for notebook – (required)
- T-shirt/sweat shirt
- Shorts/sweat pants
- Tennis shoes – boots and heels will not be allowed on the gym floor/sandals will not be allowed in the weight room

Textbook:

- Glencoe Health and Physical Education

Supplemental Textbook(s):

- None

Electronic Resources:

- MyFitnessPal app
- Student email account

Course Expectations:

It is necessary to take excellent care of all health and gym facilities and physical education equipment. Be respectful to the instructor and your fellow classmates at all times. Bring each day a positive attitude, exemplify character through strong values that genuinely care about others, do not use inappropriate language, and understand that in this class you are expected to be physically active. Any student who cannot follow the expectations established in our classroom and in the Student Handbook throughout the course will struggle to be successful in this class and be subject to disciplinary actions.

(See the Class Essentials document) This document describes our class essentials that will challenge our students on how to behave in our class each day.

Grading:

Unit Exams	50%
Assessments (Including: Quizzes, Essays, Labs, and Projects)	30%

Class work/Homework 20%

- Each nine week's grade comprises 40% of a student's final grade.
- The End of Course Exam comprises 20% of a student's final grade.

Grading Scale:

The grading scale for Chillicothe High School can be found in the student handbook or online at <http://www.chillicothe.k12.oh.us/1/Content2/studenthandbook>.

Late Work: Late work will be subject to the Board-adopted policy on assignments that are submitted late (to be reviewed in class).

- Regardless of the absence type (excused, unexcused, OSS, etc.), students are expected to make up work and be held accountable for learning all material they missed.
- Any student who is absent from school will receive one (1) additional day for every day he/she missed to make up his/her work for full credit (100%).
- Any student who exceeds the allotted time to turn in an assignment for full credit may still submit work late for partial credit.
 - Any student who turns in work up to 1 week late must at least be given the opportunity to earn 75% on that assignment.
 - Any student who turns in work between 1 and 2 weeks late must at least be given the opportunity to earn 60% on that assignment.
- The end of the 9 weeks is the cut off point for teachers to accept late work from students for full or partial credit unless the teacher decides to give the student an incomplete for the 9 weeks due to extenuating circumstances.

Performance Based Section: Writing Assignments/Exams/Presentations/Technology

One or more of the End of Unit Exams may be Performance Based. According to the Ohio Department of Education, "Performance Based Assessments (PBA) provides authentic ways for students to demonstrate and apply their understanding of the content and skills within the standards. The performance based assessments will provide formative and summative information to inform instructional decision-making and help students move forward on their trajectory of learning." Some examples of Performance Based Assessments include but are not limited to portfolios, experiments, group projects, demonstrations, essays, and presentations.

CHS Physical Education Course Syllabus

After you have reviewed the preceding packet of information with your parent(s) or guardian(s), please sign this sheet and return it to me so that I can verify you understand what I expect out of each and every one of my students.

Student Name (please print): _____

Student Signature: _____

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____

Date: _____