 **Teacher: Amber Deline**

BEGINNING KINESIOLOGY

*Class Syllabus 2021-22*

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**Course Description:**

Beginning Kinesiology is the physical education course required for graduation. It is stand-alone course which encompasses the basic concepts of athletics and fitness, and introduces students to the basic physiological, psychological, sociological, and mechanical principles of human movement. Students will be empowered to make choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

**Course of Study:**

Beginning Kinesiology’s class objectives derive from the Alabama Physical Education Course of Study that is created by the Alabama State Department of Education. The course of study for this class can be found at: <https://www.asahperd.org/assets/2019%20Alabama%20Course%20of%20Study%20Physical%20Education.pdf>

**Classroom Expectations:**

1. When the bell rings, all students must be in the auxiliary gym seated on bleachers ready for attendance to be checked. Students that are tardy must have an excused reason from another teacher or administrator as to why they are late. If a student is late a fourth and subsequent times, he/she will be sent to the office with a discipline referral.
2. Students will be given 5-7 minutes to dress out for class and use the rest room.
3. No food, drink, or gum will be allowed inside the gym area.
4. All students should return to bleachers and be seated after they dress in.
5. Any injuries or emergencies must be reported to the assigned teacher during class period so the proper action can be taken.
6. No student may ever leave class without permission from the teacher. Students are not allowed to leave the class/gym unless it is an emergency. If it is an emergency, the student must take the teacher’s designated hall pass. Students must sign the hall pass out in the respective notebook.
7. Abuse, destruction, or misuse of physical education equipment will not be tolerated. Obscene language, gestures, student harassment or disrespect will not be tolerated.
8. Students are not permitted to use cell phones during instructional time. When the bell rings to begin class, cell phones must be safely stored away, out of sight, and silenced. Students can only use cell phones during class if the instructor has made it clear that phone use is acceptable to supplement the lesson. If a student violates the cell phone use policy by having a phone out during instructional time, the cell phone may be confiscated and forwarded to an administrator.

**PE Dress Code Policy:**

1. Students are allowed to change clothes. Due to COVID, students are not required to change clothes. However, all students are required to have on tennis shoes for participation each day. For safety purposes, students cannot participate in sandals, boots, open toed shoes, etc. Tennis shoes are the only shoes that are acceptable. It is the student’s responsibility to ensure they have tennis shoes each day for class to participate.
2. Clothing must meet the school’s dress code policy. The length of the student’s shorts must meet the end of the student’s middle finger when arms are hanging straight down their sides. Tank tops or cropped tops are not allowed. Students’ tops must have sleeves.
3. Students can wear yoga pants or capris, but a t-shirt or sweatshirt must be worn that will reach the students’ thighs.

**GYM Lockers:**

Students are encouraged to have a PE locker to store tennis shoes and belongings.

The locker fee is $10. The teacher will assign lockers. Students are not allowed to share lockers. Students are responsible for their valuables each day. The best way to protect their belongings is to lock them up in a locker during class. Students are not to share locker combinations with other students.

**Google Classroom:**

Students will be given an access code for a Google Classroom for Beginning Kinesiology. All students are required to enter the Beginning Kinesiology Google Classroom.

**Grading:**

1. Beginning Kinesiology is a participation class which means that student’s participation, effort, and attitude are what determines a student’s grade. If a student actively participates, gives good effort, and has a great attitude during class, he/she will get full credit for the day. If the student does not actively participate, gives poor effort, or does not have tennis shoes to participate, he/she will be deducted points for the day.
2. Each day of class is worth 10 points.
   1. If a student has tennis shoes but does not actively participate or give appropriate efforts (ex. shies away or hides during activity), 5 points will be deducted.
   2. A student must have tennis shoes to participate. If a student does not have tennis shoes and physical movement is part of the activity for the day, she will be given the opportunity to participate by reading an article on a PE topic and writing a 2-page reflection on the article. This opportunity will only be given to a student 4 times. If a student does not have tennis shoes for more than 4 days, they will no longer be given opportunities to write an article and will lose all participation points for the day.
3. If a student has a doctor’s note that states he or she cannot physically participate in class, the student will be required to do an alternate assignment that will not require physical participation. This assignment will count for the student’s daily grade.

Dear Parent/Guardian,

I look forward to having a great year! I feel fortunate to have your daughter in my class this semester and hope that you will contact me should you have any concerns about the progress of your daughter or any aspect of the instruction. With your daughter, please read the attached policies, then sign and date this signature page and have your daughter return this form. Please provide a current email address and phone number at which I can contact you should the need arise. Please contact me at school with any concerns.

Thank you, Parent Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Amber Deline Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_