



COURSE CONTRACT

Personal Fitness/ Health & Wellness

Course Outcomes:

This co-ed course is intended to provide learning opportunities for students with a passion for athletics, wellness and sports. You may wish to improve performance, challenge yourself physically and/or potentially pursue a career in the athletic field. This will be completed through a combination of theoretical and practical outcomes.

Themes will include elements such as nutrition, goal setting and mental training, all of which will center on sport and the application of sport into life both inside and outside of the school. This material will review topics and issues not traditionally present in the regular physical education program.

Students in this course will improve upon their balance, coordination, speed, flexibility, strength, agility and power. We focus on the latest training principles while applying them to our workouts during class time. The training principles that we apply are functional movements, core strength, resistance training, stretching, olympic lifting and plyometrics.

Course Expectations:

1. Student **SAFETY** is paramount when training, therefore students are to conduct themselves in a manner which reflects safe work habits, including *proper spotting*.
2. Students will be given a Sports Performance shirt to wear as part of the course and **MUST** be in appropriate Bev Facey attire prior to entering the workout facilities. This includes athletic footwear, sweats/shorts and a workout shirt. *Workout shirts that are sleeveless must be properly hemmed.* **Students who do not have these clothing items have the option of purchasing them from the school through CASH/CHEQUE payment.**
3. Students are to be prepared for vigorous physical activity and as such **NEED TO MAINTAIN A HIGH DEGREE OF PERSONAL HYGIENE.** Failure to do so will result in the student being removed from the workout facility.
4. Students are required to regularly wash and clean all workout apparel in order to enter the workout facility.
5. Training in the weight room facility is a **PRIVILEGE**, not a right. Students are expected to be courteous and respectful of other classes, students, or staff in the facility and throughout the school. Failure to do so will result in that privilege being revoked and the student will complete alternate assignments in the classroom.
6. Students will demonstrate leadership with regard to their personal health and wellness.
7. Students are **REQUIRED** to follow the prescribed workout program outlined by the instructor. Subsequently, all program alterations must be **APPROVED** by instructors before modifications take place.
8. Students who miss extended periods due to injury or otherwise will **REQUIRE** a doctor's note before re-admittance to the workout facilities.

The Facey Way

Commitment – Dedication – Loyalty – Respect – Enthusiasm



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9. Students who do not perform the prescribed activities and/or are unable to work collaboratively with fellow students will be removed from the workout environment and will complete the course via work from the textbook, research projects and other academic activities. **Parents may be contacted immediately at the email address requested below.**
10. Students are responsible for their workstation, and need to report any problems immediately to the instructor and ensure it is cleaned after use. Sanitation stations are provided and equipment must be wiped down after use.
11. As part of the course, several classes will be required for demonstrations, testing, community volunteerism and presentations, therefore students must plan accordingly to complete modules on time.

Students will be evaluated on each of the following:

Students will be assessed in the following manner:

- | | |
|--|-------------|
| Technical Demonstration / Participation | /70% |
| ■ Daily participation / Follow prescribed workout to completion | |
| ■ Proper technique and safety protocol | |
| Modules (* Must achieve 50% or better to be accepted) | /20% |
| ■ Minimum of 6 modules must be completed each semester | |
| ■ The self-assessment component of each module must be completed appropriately to deem the module complete | |
| Log Books | /10% |
| ■ Daily workout log books will be required to be handed in on the same date as module completion. | |

PLEASE NOTE: Students are expected to complete all modules to the best of their ability. Failure to do so will result in a student entering Bev Facey's discipline cycle and/or resubmission of work not completed until it meets the acceptable standard. Additionally, an elevated number of absences may result in a student redoing the course. Failure to meet learner outcomes will result in the student **NOT** being recommended for registration in subsequent courses.



Parent Signature: _____

Parent Email Contact: _____

Student Name: _____

Student Signature: _____

Block: _____ **Date:** _____

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