**Body Conditioning**

**High School**

**SLCSE 2017-2018**

Mr. Paul Szugye Room 1116

SLCSE (801)-578-8226

 paul.szugye@slcschools.org

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 The program is designed for the student to make gains in both strength and

cardio vascular training. Students are allowed to set fitness goals and customize their weight training program to fit their specific needs. Core strength is also a daily focus of this class. Students will be able to get out what they are willing to put in during their workout. If a student is not able to have fitness goals they may best be served to do a different physical education class as self-motivation is needed for improvement. Some of the activities that are done in this class are: Abs, jump rope, running, agility ladders, weight training, Insanity and Zumba.

General School Policies can be viewed on the Students/School Policies link at the SCLSE website at http://www.slcse.org

**Course Requirements**

* Students are expected to attend school regularly, be on time, and come prepared to learn. Make-up assignments will be provided to students who have excused absences and *request a make-up assignment from the instructor within 2 days of when they return to school (or preferably, notify the instructor before the absence.)*
* All students must dress out: Gym shoes, shorts or sweatpants are required.
* We will always operate in a safe environment, both emotionally and physically. “Challenge by Choice” will be implemented with physical activities and will allow students to apply their own limits and expectations within a safe threshold.
* Course equipment will be used properly, be well maintained, and be put in its proper place at the conclusion of each class.

**Classroom Rules**

* Class will start promptly when the bell rings, students will be expected to be in their seats or in the instructional area

and be ready to learn.

* All language will be respectful and vulgar or crude talk will not be tolerated. *Respect and Kindness* will be expected and encouraged.

**Academic Grade**

\*Based on total Points (%)

 A = 90 - 100%

 B = 80 - 89%

 C = 70 - 79%

 D = 60 - 69%

 F = 59% or less

**Grading Procedures**

Assignments and grading: Each graded activity will be explained and points given will be detailed. Skill achievement will not be graded but participation and student effort will be included in the final grades. Individual weekly grades for behavior and class participation will be totaled and added to final grades.

Grades may suffer as a result of missed assignments or non-participation. Extra credit (one week min. lead time) will be allowed and will be determined on an individual basis, but will generally be an assignment relating to the current course topic.

Notification will be made through Power School, phone calls or e-mail if a student is exhibiting poor behavior or attitude problems, or is receiving failing grades. An e-mail address book will be developed to inform parents and students of important information, course schedules, and activities.

**Feedback**

I look forward to working with parents and students this year and would like to discuss questions and concerns with you. **I am also very interested in having parents participate in class activities and field trips.** Please contact me by phone or e-mail if you have any concerns or are interested in volunteering with your student’s class.

(Detach and return bottom portion)

**Thank you and welcome to the Salt Lake Center for Science Education,**

**your best choice for your children’s education!**

We have read and understand the rules and policies of Mr. Szugye’s Body Conditioning class.

Student name (please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Parent or Guardian Signature* *Telephone number & e-mail address*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent / Chaperone Request**

As a parent or guardian, I am interested in volunteering in my child’s class \_\_\_\_\_ sharing knowledge and skills, \_\_\_\_\_\_ helping with field trips, and/or \_\_\_\_\_\_\_\_ attending camping trips. (Check all areas you are interested in.)

*Student Signature*

**MEDICAL!!** Please inform me of any allergies or medical conditions your student has that I should be made aware of.

(List any conditions here)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_