Aerobics
Disclosure Document

Instructor: Mrs. Di Lello
Office: 109: in dance studio
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Credit: Physical Education Activity Credit
Prerequisites: desire to work out, get in shape, learn about the body and have fun!

Course Description

Aerobic class will emphasize total body fitness through increasing the student's cardiovascular endurance, strength, flexibility and proper weight control. Each student is expected to improve his present physical condition and to gain sound nutritional knowledge. This will be accomplished through participation, class discussions, and demonstrations.

Objectives

1. To improve students cardiovascular fitness.
2. To appreciate dance aerobics as a means through which one can maintain fitness and relieve stress.
3. To appreciate the joys and benefits of being physically fit and being active.
4. To become knowledgeable about fitness and dance aerobics.
5. To develop an individualized fitness program composed of cardiovascular, strength and flexibility exercises and workouts and incorporate it into their weekly schedules.

Daily Participation Point Deductions:

-10	Absent
-5 to -10	Not dressed/not participating, etc.
-3.33	Tardy
-1 to -10	Bad attitude/disrespect for rules, etc.

Attendance/Tardy:
3 Tardies = 1 Absence
5 Absences total = Fail (F)

Grading and Requirements

Participation	65 %
Assignments/Quizzes/Papers, etc.	30 %
Final	5 %
Total	*100 %*

Grade Scale

A 93%B 83-86% C 73-76%
A- 90-92%B- 80-82% C- 70-72%
B+ 87-89% C+ 77-79% F 69 and below *No "D" grades will be given*

Participation ~ 10 points per day

- Attendance

Due to the very nature of this class, attendance is imperative. Do not miss class! There will be several group projects, therefore it is important to always be present. Except for school-excused absences, students will lose all participation

points for that day, no exception. If you are too ill to participate, you are too ill to come. Sitting out is not acceptable.

- Tardy

Students are given 8 minutes before class, which is more than enough time. After 15 minutes, the student is counted absent. Tardies will result in daily points lost. Students may not be permitted to participate if late and have missed warm-up, due to possible injury.

Homework Policy

There will be a limited amount of homework which must be turned in on the due date. Late homework will be accepted being deducted 10% per class day. Tests/assignments missed due to EXCUSED absences must be made up within two class periods. If an assignment is due and the student is absent that day, it must be turned in on his/her return. There are no make-up points for truancy.

Absences/Sick Note/School Excused/Make-Up

I will be following the Lone Peak High School's Attendance Policy. Even though an absence may be made up through the Attendance School, it does not mean that participation points will be awarded. If you are not present, you do not receive points for being there. All work, assignments, and notes missed while absent must be learned and completed on time. It is the student's responsibility, not the teacher's to find out what was missed. School Excused Absences must be handed in and approved of the teacher ***before*** the date of departure (these points will be added back in at the end of each term). For extreme cases of sickness and other emergencies, the teacher must have a valid note before hand. Absent/Tardy notes signed by a parent are to be taken to the Attendance Office, not the teacher.

Only 3 pre-approved EXCUSED absences can be made up during the semester. Those day's participation points will be awarded under "make-work" by the student completing a parent-signed "Activity Journal" no later than 2 weeks after the absence. Unexcused absences/truancy cannot be made up for participation point.. . .it is best not to miss!!! If the student cannot participate that day (i.e. very sick) they have the option to take notes to still receive participation credit (this can only be done once). Make-up work is available upon request for severe circumstances. A doctor's note may also be required.

Textbooks, Materials, Clothing

The instructor may use the books Fit or Fat, Fitness for Life, and Hooked on Aerobics. The students will be provided handouts. It is advised the student keep a #2 pencil/pen in his/her PE locker. It is highly recommended to bring a water bottle to class. All students must wear work-out clothes each class, unless told otherwise by the instructor. Not dressing (in appropriate attire) will result in a loss of participation points. Students must abide by the dress code below.

Dress Code

Lone Peak P.E. shirt, modest t-shirt, scrubs, sweat pants, or LP shorts. *No bare midriffs*. If shorts are worn, they must be Lone Peak issue. Sports bras and all underclothing must be covered. Good supportive and clean running/athletic shoes must be worn every class. Never wear school clothes, jeans or dresses to Aerobics. Participation points will be deducted for not wearing the appropriate attire, and one may not be permitted to participate.

Fees

A towel and lock fee was charged to students at the time of registration. Lost locks are $5.00.

Class Rules and Procedures

1. ***Show Respect*** for the teacher, the studio, your peers and yourself.
2. ***Be Ready*** to work-out by being early, dressed and leaving everything else in the locker room.
3. ***Wait*** until the teacher has dismissed you. You have 8 minutes before the end of class to change. 4. ***No*** cell phones, i-pods, mp3 players, etc. are allowed in class. They will be confiscated.

In compliance with the Americans with Disabilities Act, students needing special accommodation may contact the instructor for alternative arrangements.

Questions or Concerns?

I am willing to give the best educational experience that I can to my students. I am open to comments and suggestions at any time. Any concerns about this class should be directed to me.

Aerobics
Disclosure Document – Return Form

(To be turned in signed by _____. It is worth 10 points!)

I have read and I understand the Aerobics Disclosure Document. I agree with, I will abide by, and I will support the rules and guidelines herewith established. I understand that the instructor has the right to alter the disclosure document upon completion of an addendum.

I give permission for Mrs. Di Lello's teachers aid and/or student teacher to help correct and record tests. I also give permission for tests, quizzes and assignments to be corrected and graded in class through exchange of papers.

I, the student, will be honest in self and peer evaluations. I will try my hardest and strive to attend every class. I will be honest in all that I do.

Student Name (print) _____ Period _____

Student Signature _____ Date _____

Student Email (optional) _____

Parent Signature _____ Date _____

Parent E-mail (optional) _____

Special Notes for the teacher: