



Personal Fitness Syllabus Term 2 2025

Instructor: Julie Holcombe

Room: GYM

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- Textbooks/Resources Used: Google Classroom/Slides/Sheets/Forms/Meets/Drive/Youtube
- Required Supplies: Henry County Issued Chromebooks/MapMyRun App (or approved activity tracking app)
- Suggested Supplies: Students will need a device (smartphone) to use [MapMyRun](#). We will use this app often. Students will need to download the free version, create a profile and send me a friend request (search for Julie Holcombe, the one with a profile picture). Everyday students are expected to share their activity in order to receive credit.
- Personal Fitness is a required course for graduation. It introduces the five health related components of fitness. Students will learn to recognize, evaluate, and develop those components. They include flexibility, cardiovascular endurance, muscle strength, muscle endurance, and body composition.

Students will also study principles of training, nutritional fitness, the muscular and skeletal systems, and will develop their own personal fitness plan and goals.

Special Assignments and Projects:

- Fitness Logs
- Fitness Goals
- Learning how to find Resting Heart Rate, Target Heart Rate, Body Fat Percent, and
- other assessments

Bell Schedule and Course Structure: 24-25 Bell Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	Synchronous	Asynchronous	Synchronous	Asynchronous
(Virtual Schedule)	(Virtual Schedule)	Face- to- Face (optional) Use schedule below	(Virtual Schedule)	Face- to- Face (optional) Use schedule below

Monday, Tuesday, Thursday, Friday Schedule (Virtual Schedule)		
7:45 am - 9:15 am	Block One	90 min
9:20 am - 10:50 am	Block Two	90 min
10:55 am - 11:20 am	Lunch	25 min
11:20 pm - 12:50 pm	Block Three	90 min
12:55 pm - 2:25 pm	Block Four	90 min
2:30 - 3:00	Advisement	30 min
Wednesday and Friday (Asynchronous)		

Virtual Expectations:

All A's conditions for Learning

Grading System:

Attendance Policy: Attendance will be taken each period. All teachers must take attendance within the first 15 minutes of class. If a student is more than 15 minutes late to class, but remains in class for the entire class period, the student will be marked tardy in IC. If the student arrives to class on time, but leaves within the last 15 minutes of class, the student will be marked tardy in IC. If the student arrives on time or after the first 15 minutes of class and leaves anytime prior to the last 15 minutes of class, the student will be marked absent in IC.

Students who do not attend class at all will be marked absent in IC.

Students who are not actively participating and engaged in class may be "put out of the virtual classroom" and will be counted absent. Active participation defined as, but not limited to, asking and answering questions, commenting in the chat, engaging in collaborative online documents.

Asynchronous Days: Wednesdays and Fridays are asynchronous instructional days. Students will be provided assignments that must be completed (see below). Wednesdays are open to students for face-to-face instruction. It is highly recommended that students notify their instructor using the Google form if they are going to

be on campus on Wednesdays. Fridays are open to students for face-to-face instruction by teacher invitation only.

Asynchronous Expectations:

- If a student is on campus for an asynchronous Wednesday or Friday, he/she must follow his/her schedule (for the entire day).
- If the student leaves early, he/she must check out in the main office (and cannot be on campus).
- All asynchronous assignments for Wednesday and Friday must be completed by the following Sunday at 11:59 PM. If all work is not completed by Sunday at 11:59 PM, the student will be counted absent for both Wednesday and Friday.

Assignments:

On-Campus Instruction or Tutoring : Schedule times on Wednesday or Friday (invite only) for recovery or review.

Late Work and Missing Work Policy: Zeros should be entered for all missing or late assignments with a note of when the relearning cycle must be completed so that parents and students are aware. When student absences are excused, per state regulations, students shall be allowed to make up their work during their absence. If the final determination is that the absences are unexcused, students will be allowed to make up their work only if a Request for Late Work Submission is completed (An example of a form is available at Request for Late Work).

Please sign to confirm you have read and understand the syllabus
This will be your first grade of 100!