



Fitness Lifestyle Design 2025-2026

Instructor:	Jordan Coats	Course Title:	Fitness Lifestyle Design
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Office Hours:	3rd Period		

Please review the information shared within the following links:

- [2025-2026 Code of Student Conduct](#)

Course Description

Students apply strategies for self-improvement based on their individual strengths and needs. They design and perform a personalized cardiorespiratory-enhancing workout.

Course Grade

Course grades are posted each 9 weeks, and at the end of each semester.

Goals & Standards

PE.912.L.4.1 – Design a personal fitness program.

PE.912.L.2.6 – Demonstrate appropriate responses to emergencies during physical activity.

PE.912.L.3.1 – Participate in a variety of physical activities to achieve health-related fitness.

PE.912.C.2.16 – Explain the health-related components of fitness.

HE.912.C.1.5 – Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.

HE.912.C.1.8 – Analyze strategies for prevention and management of mental/emotional health disorders.

PE.912.L.3.4 – Use available technology to assess, design, and evaluate a personal fitness program

PE.912.M.1.35 – Participate in a variety of physical activities to improve movement skills.



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Course Schedule

Semester 1 Units	Semester 2 Units
Unit 1: Goal Setting & Personal Fitness Planning	Unit 5: Nutrition & Wellness
Unit 2: Exercise Safety & Injury Prevention	Unit 6: Mental & Emotional Wellness
Unit 3: Fitness Exploration & Application	Unit 7: Fitness Technology & Tracking Progress
Unit 4: Components of Fitness	Unit 8: Lifetime Activities & Movement Skills

- Chromebook
- Athletic Wear
- Athletic Shoes
- Water Bottle

Procedures

- Homework
 - Students may have assignments not completed in class assigned for homework.
- We will meet in the classroom to begin each class period. However, we will likely be going to the gym each class period to engage with the lesson.



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General Expectations

4Rs

- Responsible: Students must attend and be on time to class.
- Respectful: Students must show respect for each other and the classroom/school space.
- Resilient: Students are willing to take on challenges and use skills to overcome them.
- Ready: Students are prepared to work and learn everyday.

Late Work Policy

As part of our efforts toward continuous improvement in all areas of K-12 schooling, my grading practices reflect an initiative that supports a standard-based grading system in which greater emphasis is placed on mastering course goals and providing clear feedback on progress to both students and families. Late work is not penalized, but the teacher will stop accepting work after the unit has ended. It is important to notice that even though there is no penalty for work submitted late, doing work in a timely manner is vital to the learning process. Due dates will be clearly assigned and listed on Canvas. In order to master the learning goals multiple opportunities to demonstrate mastery will be available throughout the course.

Communication Protocols

Students and families can communicate with me by emailing me at: jcoats@pky.ufl.edu

Electronic Device Policy

Students must come to class every day with their charged Chromebook. During class, the Chromebook should be used only to participate in the class. Students should not have personal electronic devices out during class at any time for any purpose, unless instructed to do so.

9th-12th Grade

Students may possess a wireless communications device but may only use it outside of class time - or when a teacher gives explicit permission for instructional purposes. Devices must be stored in teacher-designated areas during instructional time.

PK will provide access to telephones for students who need to contact families during times when they are prohibited from using their personal device.



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Grading Policy and Assessments

P.K. Yonge's Grading and Credit system is based on our shared beliefs about the purpose of assessment:

- Students should have a clear understanding and shared ownership of learning goals
- Grades should communicate what students know and are able to do both within and across disciplines
- Students should have multiple opportunities to practice, receive feedback, and demonstrate their knowledge and skills
- It is critical for students to develop productive habits of work alongside content and skill development

Type	Examples	% of Grade
Habits of Work	Focus, Engagement, and Effort & Social Responsibility	5%
Formative	Unit assignments, journal reflection entries, exit slips, & participation in fitness activity	20%
Summative	Unit tests and/or presentations	75%



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The chart below outlines the relationship between numerical grades, letter grades, mastery-language, and credit within our mastery-based system.

Mastery-Language	Range (4-point grade system)	Meets Standard Course Credit Earned
Mastery (A)	3.51 - 4.0	GPA Point 4
Proficient (B)	3.01 - 3.5	GPA Point 3
Approaching (C)	2.51 - 3	GPA Point 2
Beginning (D)	2.01 - 2.5	GPA Point 1
Not Meeting (F)	.01 - 2.0	No Course Credit
No Evidence	0	No Course Credit

Academic Dishonesty

It is expected that the work you submit in this and all of your courses is your own original work, or if not, contains full acknowledgment of borrowed sources. The following instances are academically dishonest:

- **Plagiarism- taking credit for another person's work or using their ideas.**
- **Cheating- copying off someone else's work or using an unauthorized device on a test.**

Any academic dishonesty will result in the *failure of that assignment as the minimum consequence*; other consequences range from failure of the course to academic probation to dismissal from P.K. Yonge.

ALL instances of academic dishonesty will be reported to the student's counselor and P.K. Yonge Administration.

Please complete the syllabus acknowledgment form [here](#).