

Independent Study: Personal Fitness Course Overview




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An independent study course is not a regularly scheduled class. You will complete all of your work independently and on your own time. All students are required to attend an introductory meeting. This class may have additional meetings if needed.

Course Expectations

- Each student is required to keep a **Personal Fitness Portfolio**. The portfolio is a Google Slides presentation that is shared in Google Classroom.
- You must participate in and log at least **32 activities** throughout the semester.
- The activities you choose should vary but can be repeated. **To stay on track, you should log four activities every two weeks.**
- Activities can include but are not limited to badminton, basketball, biking, bowling, dance, disc golf, fitness classes, fishing, flag football, golf, hiking, ice skating, kayaking, paddleboarding, playing catch, playing in the snow, rock climbing, running, slacklining, sledding, Spikeball, soccer, swimming, table tennis, tennis, Ultimate Frisbee, volleyball, walking, weight lifting, and yoga.
- Practices and games for CHS sports teams cannot be included in the Personal Fitness Portfolios.

Personal Fitness Portfolio Requirements

- Log your activities throughout the semester using the Google Slides presentation in Google Classroom.
- Each activity should be featured on its own slide and **must include**:
 - a) the date,
 - b) the duration of the activity (how long you were active),
 - c) a  photo,  video, or  screenshot artifact, and
 - d) a detailed, written reflection about what you did and how it made you feel.

Grading

Grades are divided into 5 categories:

1. Bi-weekly Check-ins
2. Portfolio Completion Progress Check
3. Quality of Reflections Progress Check
4. Portfolio Completion
5. Quality of Reflections

Bi-weekly Check-ins (30% of overall grade)

- The grades for Bi-weekly Check-ins will be updated every two weeks in PowerSchool.
- The Bi-weekly Check-ins are designed to help you stay on track in this course.
- Four new activity slides are due every two weeks, on 9/7, 9/21, 10/5, 10/16, 11/2, 11/16, 11/25, and 12/12.
- Each completed slide is worth one point. A completed slide has all four components—the date, the duration of the activity, a photo/video artifact, and a detailed reflection.
- Students who do not submit all four slides will earn an Insufficient (INS, 0% F) grade.
- You are encouraged to complete any missing slides for the Portfolio Completion grade (see below).
- Slides submitted after the Bi-weekly Check-in due dates will be marked as Final Missing (FM, 48% F).

Portfolio Completion Progress Check (5% of overall grade)

The Portfolio Completion Progress Check grade will be entered into PowerSchool on 10/16 (halfway through the semester). This grade is based on the total number of completed slides in your portfolio at the halfway point and will give you a clear picture of your progress in the class. Students who do not submit any slides will earn an Insufficient (INS, 0% F) grade.

16 slides = 100%	14 slides = 88%	12 slides = 75%	10 slides = 63%	8 slides = 50%
15 slides = 94%	13 slides = 81%	11 slides = 69%	9 slides = 56%	7 or fewer slides = 48%

Quality of Reflections Progress Check (5% of overall grade)

The Quality of Reflections Progress Check grade will be entered into PowerSchool on 10/16 (halfway through the semester). This grade will give you a clear picture of your progress in the class and will be determined using the rubric below. Students who do not submit any slides will earn an Insufficient (INS, 0% F) grade.

100% A+	95% A	85% B	75% C	65% D	Final Missing 48% F
You are a highly reflective student. You described the activities you completed and how they made you feel. You added extra information to help me see you better.	After reading your reflections, I clearly understand your fitness/activity profile. You described what you did and how the activities made you feel.	Parts of your reflections made sense. You included some details or evidence to support your responses.	I was confused after reading your reflections. Some sections made sense, but some were too brief for me to see you.	I do not know anything more about you after reading your reflections. You listed activities and used feeling words, but it's hard for me to see you in the portfolio.	Your reflections are incomplete.

Your entire Personal Fitness Portfolio is due on 12/12. At that time, you will receive two more grades.

Portfolio Completion (30% of overall grade)

The Portfolio Completion grade is based on the total number of completed slides in your portfolio by 12/12. **Remember:** A completed slide has all four components—the date, the duration of the activity, a photo/video artifact, and a detailed reflection.

32 slides = 100%	27 slides = 84%	22 slides = 69%	17 slides = 53%
31 slides = 97%	26 slides = 81%	21 slides = 66%	16 slides = 50%
30 slides = 94%	25 slides = 78%	20 slides = 63%	15 or fewer slides = 48%
29 slides = 91%	24 slides = 75%	19 slides = 59%	
28 slides = 88%	23 slides = 72%	18 slides = 56%	

Quality of Reflections (30% of overall grade)

The Quality of Reflections grade will assess all of your reflections. This grade will be determined using the rubric below.

100% A+	95% A	85% B	75% C	65% D	Final Missing 48% F
You are a highly reflective student. You described the activities you completed and how they made you feel. You added extra information to help me see you better.	After reading your reflections, I clearly understand your fitness/activity profile. You described what you did and how the activities made you feel.	Parts of your reflections made sense. You included some details or evidence to support your responses.	I was confused after reading your reflections. Some sections made sense, but some were too brief for me to see you.	I do not know anything more about you after reading your reflections. You listed activities and used feeling words, but it's hard for me to see you in the portfolio.	Your reflections are incomplete.