BODY SHAPE SYLLABUS

Ms. Hunt email: jbush@osd.wednet.edu

2026-2027



This fitness-based course is designed to introduce students to the fundamentals of various types of exercises such as Yoga, Pilates, free weight and bodyweight training, medicine balls, TRX, Spinning, Dyna bands, Stability balls, etc. At the conclusion of this class, students will have developed the skills to exercise independently to maintain a healthy and active lifestyle.

CLASS EXPECTATIONS

1. The required Health and Fitness attire includes athletic shoes, shorts or sweats, socks, and a t-shirt. P.E. attire should be cleaned weekly and be in good condition.
   - Cutoffs, hats, bandanas, and inappropriate shoes (i.e. crocs) will not be allowed.
   - Students will not be allowed to wear school-issued athletic clothing.
   - In order to earn full points for the day students must be on time, wear P.E. attire, cooperate with others, and participate fully in the class activity.
   - No sagging pants, no showing midriffs, no cargo, denim, or boxer shorts

   *If any piece of the P.E. attire is missing or if a student does not participate in class without a parent or doctor note it is considered a non-participant.
   1st non-participant = Student warning
   2nd non-participant= Parent contact
   3rd non-participant= Discipline referral
2. **Students must have a note from their parent/guardian or medical provider in order to be excused from P.E.** The days missed will still need to be made-up.
3. No cell phones, headphones, or any electronic devices allowed in class. Students need to keep their cell phone in the locker room during class. The school policy for electronic use will be followed.
4. Inappropriate language, the use of profanity or vulgarity, and putting down others is not acceptable in the classroom environment. Correcting inappropriate language is a priority of the Health and Fitness staff.
5. Students must be in the locker room by the time the bell rings (tardy policy will be enforced). The locker rooms are locked five minutes after the tardy bell rings and not reopened until five minutes before the dismissal bell. Students must **stay** in the locker room until class is dismissed.
6. Students will be issued a P.E. locker but must provide their own lock. **Students are strongly encouraged to secure their personal belongings in a locker**. Lost and stolen items are not the responsibility of the P.E. staff.
7. If a student is absent , they must attend P.E. make-ups during Coug Time on Friday.
8. Students will be expected to demonstrate respect for classmates and teachers by listening to others, following the directions of the class activity, keeping a positive attitude, being kind, and compassionate.
9. Students will be responsible for checking their grades on a weekly basis and communicating any discrepancies in a timely manner.
10. Students must ask for permission to leave class and use a hall pass. Students may not use the hall pass the first ten minutes or last ten minutes of class.

GRADING OVERVIEW

Participation: 100%

100-92.5=A
92.49-90.0=A-
89.99-86.50=B+
86.49-82.50=B
82.49-80.0=B-
79.99-76.50=C+
76.49-72.50=C
72.49-70.0=C-
69.99-66.50=D+
66.49-60.0=D
59.99-0=F



Capital High School Fitness/Health Department Mission Statement

Our philosophy is based on the belief that Health and fitness are an integral part of the total education process, providing movement-centered and knowledge-based activities that focus on the intellectual, social, emotional, and physical needs of students, enabling them to realize their fullest potential.

The mission of the Fitness/Health department is to provide varied activities that allow individuals to enter adult life with the skills, knowledge, and attitude necessary to enjoy a physically active and healthy lifestyle.

Dear Student and Parent/Guardian,

I am excited to be your student's instructor for this class. I have a great passion for sharing my knowledge of fitness with students and look forward to working with you and your student. My hope is that this class will give your student the opportunity to participate in a variety of physical fitness activities, develop skills that will help maintain fitness throughout a lifetime, foster positive relationships with others, and de-stress! Our Physical Education classes provide a variety of activities in class to improve one's cardiovascular endurance, as well as work on the other fitness components of flexibility, muscular strength, muscular endurance, and body composition. Hopefully, your student is excited about improving their fitness level and will have fun during class. I look forward to working alongside you and your student this year! Please reach out if you have any questions or concerns.

Sincerely,
Ms. Hunt

PLEASE SAVE THE ABOVE PORTION FOR FUTURE REFERENCE

✂

SCHOOL YEAR 2023-2024

Parent/Guardian: Please acknowledge that you and your student have read the above information and understand the attendance and grading policies by signing and returning the form below. In the event that there are any physical, emotional, or health-related circumstances that would affect your student's grade because of the above policies, please contact me as early as possible at jbush@osd.wednet.edu or 596-8000 (main office).

Student Name (print first and last)_____

Student Signature: _____

Date_____ _____
Parent/Guardian Signature

Period___(2)_____