



## Deer Valley Unified School District



**Course Title:** Fitness Center  
**Instructor:** Sven Christianson  
**Room:** Gym  
**School Phone:** (602) 467-6740  
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**Teacher Web Site:**  
[www.dvusd.org/dh-christianson](http://www.dvusd.org/dh-christianson)

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**Course Description:** This is a fitness concept based class that focuses on cardiovascular exercises such as aerobic dance, treadmills, stationary bikes, Stairmasters, rubber bands, yoga, cross-fit, tabata, interval training, plyometric conditioning, running and speed walking.

**Course Goals & Objectives:** During the semester the students will gain a knowledge base and understanding of general fitness routines to help them find an interest to pursuit a lifetime of fitness. The students will also gain a knowledge base and understanding of general workout principals for cardiovascular and body conditioning. It is the main goal of this class to develop the skills and knowledge necessary for a lifetime of fitness

**Course Materials:** Remember Physical Education is an activity class. Students are required to change their clothes daily in order to participate. You may wear a t-shirt and shorts from home. For sanitary reasons no tank tops or shirts with holes in them may be worn. Shorts should not have zippers, belt loops or pockets. Gym shoes are also required. No clothing will be allowed that “immodestly exposes the chest, abdomen, genitalia or buttocks.” Jewelry should not be worn.

**Classroom/Course Expectations: Locks and Lockers:** If you lose your lock, you will be required to purchase a new one. No one will know your combination, except you. **KEEP IT THAT WAY!** If you lose your lock, ask your instructor for the serial number. Small lockers are for storing P.E. clothes when not in use. Large lockers are used for storing your street clothes when you are in class. You may bring your own combination lock from home. Give the combination to your instructor. Remember, all lockers are the property of Deer Valley High School. If a problem occurs, school locks will be removed with key, personal locks will be removed with bolt cutters.

**Injuries:** Report all injuries to your instructor at the time of the injury. Failure to report an injury could result in loss of insurance coverage.

**\$\$\$\$\$\$\$\$:** Never use your locker to store large amounts of money or valuable items. Any items found should be turned over to your instructor. Claim lost items in the P.E. office. Deer Valley High School is not responsible for lost or stolen items.

**No investigation for loss or theft will be pursued by administration or staff.** Examples ( iPod, cell phone, jewelry and cash ). IPODS, Cell phones, electronics cannot be taken to PE class, this violation would result in loss of points and your device will be sent to the office.

**Conduct:** AT NO TIME IS GLASS CONTAINERS, AEROSOL CANS, FOOD OR DRINKS allowed in the gym or locker room. DO NOT ENTER THE GYM OR TOUCH ANY EQUIPMENT until an instructor gives you permission.

**Start/End of class:** You will report directly to the locker room. You must be in the locker room before the sweep bell. Once you are in the locker room, you will have 5 minutes to change and report to the gym in your squad lines. If you are not in your lines 5 minutes into the period, then you will be swept in your PE clothes. At the end of the period, you will have 5 minutes to dress out and report back to your instructor in the gym. You must go to the gym after dressing out for attendance.

**Nurse:** All parent and Doctor excuses must be taken to the nurse’s office **prior to the start of class.**

**I.D. Cards:** Student must visibly wear I.D. card at all times while on campus or at any school activity for the safety and security of all students.

**Sexual Harassment:** All students are to conduct themselves at all times so as to provide an atmosphere free from sexual harassment. Sexual harassment includes unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. Examples are: spreading sexual rumors, gestures, staring, lewd comments or jokes, whistling, sexual name calling, nicknames, cornering or violating a person's space, patting or grabbing, touching or kissing. Disciplinary action: From one to ten days suspension/expulsion and a police report. See the student handbook.

#### **Technology:**

Because we are becoming a technology rich campus, we are expanding the use of electronic devices as a learning tool. The electronic devices will be increasingly integrated into the curriculum to reinforce critical thinking, collaboration, and cognitive engagement. We will designate during which activities students may use the device, and we will articulate how the device should be used appropriately. If a violation of the stipulated use occurs, consequences will be enforced in accordance with the DVHS Student Handbook. If the electronic devices are not being used on a particular day it will be the student's responsibility to secure the device in their locked locker. Misuse of the electronic devices may result in disciplinary procedure in addition to the confiscation of the device.

#### **Grading:**

##### Grading Scale

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	0-59%

**18 Week Grade** = 90% Participation and Dress Out/ 10% assessments

**Semester Grade** = 80% of 18 week grade/ 20% Final Exam

- Students have the opportunity to earn 5 pts per day for participation. If the student attends class, dresses out and participates to the best of their ability the student will earn all 5 points. Poor participation or an absence will result in a loss of all 5 points for the day. **A refusal to participate will be counted as a non-dress.**
- Students will be given 60 points for dressing out. Each non dress will be a deduction of 10 points from the dress out grade. The students will receive these points in advance. After 6 Non Dresses the student will receive a failing grade for the semester.
- Assessments will be given throughout the semester.
- The final exam may have both written and physical parts.

##### Test Retakes

Students may retake quizzes and tests one time within one week of the original test date.

*This retake policy does not apply to District or teacher created semester exams.*

**Attendance:** Attendance is required to obtain credit. Any absence, regardless of the reason, will require make-up.

**Make-up Policy:** You may make up to **5** absences and /or nurse excuses by writing a one page report in your own words on a newspaper or magazine article, dealing with health or fitness. **Attach the article to the report.** If you use the Internet, print out the article and include the Internet address on it. You may also workout some physical make-up with your instructor before or after school at the instructor's convenience. **Non-dresses and lack of participation may not be made up for credit.** All make-up is due one week after you return. If you need more time, make arrangements with your instructor. **If an issue occurs where a student will be unable to participate in 15 or more class periods, then a meeting may be set up to determine if a student will still receive credit for the class.**

Students who have an absence which is excused have one day for each day absent to turn in missed work. Students who are marked unexcused will not receive credit for worked missed but will still receive feedback. See the student handbook for more information regarding excused and unexcused absences.

An assignment which is considered a long-term project is due on the due date and time as stated when the long-term project was assigned. Long-term projects may be turned in prior to the due date as well as parent/guardian may turn in at the front desk.