Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fitness/Weight Lifting I – Guidelines & Rules**

**Mrs. Sage Robinson-Miller**

***Be sure that you know the school rules. They will be enforced!!!***

**1. Respect Yourself and Others in the Classroom/Weight Room.**

**2. Take Responsibility for Your Own Actions.**

**3. Always Come Prepared for Class and Meet the Dressing Requirements.**

* **Being Prepared Includes the following:**
	+ “Required 7”
* **Up to 5 points a day will be deducted for every day that you are not prepared and/or do not dress**
	+ Each student will receive one free no dress/participate a semester without a deduction.
		- You must get permission prior to taking your free day and it **may not be taken in the last two weeks of class**

**4.** **Attendance is Very Important.**

* **Every day of this class you begin with 15pts.**
	+ If you aren’t here you can’t meet your fitness goals or participate!
* **15 Points will be deducted for each unexcused absence** (and may not be made up!)
* **If you are excused for a school related function, you do not lose points, nor do you have to make points up** (just record the reason for your absence on your log)
* **If excused from class for another reason, you will have to make up your points**
	+ Write a one page ( ½ summary/ ½ reflection) paper on a health/fitness article (+15)
		- Must choose the article from the class box
		- You have two days (for each day excused) to turn this in for full credit
		- If you know in advance that you will be absent, please turn in prior to leaving
* **Follow the tardy policy (posted by the door).**

**5. Positive Participation is Required.**

* **This is an elective course. If you chose to be here, I expect positive participation regardless of the activity or the day**
	+ Up to 5 points will be deducted each day for a negative attitude/effort
	+ Up to 5 points will be deducted each day for not meeting the teacher’s expectations

**6. Safety is a Must!**

* **Please make good decisions in the weight room so you do not hurt yourself or others**
	+ Up to 15 points will be deducted each day for a safety violation

**7. Hand ALL Assignments in on Time.**

* May earn half credit if turned in before the end of the day, the day after it is due
* Zero credit if turned in after the above

**8. Be Honest & Make Sure to Communicate!**

* Each student will be responsible for recording their participation points each day on your log
	+ Students grade themselves on 1) Prepared/Dressed, 2) Attitude/Effort, and 3) Meeting Expectations
	+ Students will receive the total participation points that they have recorded for themselves each day if (and only if) they have graded themselves honestly
		- Participation points will be recorded for the week, on the day that the logs are collected
		- **The teacher and/or student helpers (FIII, Peer Tutors, Teacher Interns) reserves the right to adjust the participation grade if any of the above is not followed**

**9. Follow Food & Beverage Guidelines.**

* No food or beverages except water w/lids in the weight room!
* Water and healthy snacks only, in classroom on lecture days!
	+ This is a privilege. Don’t lose it!