Wenatchee High School Fitness Classes
Expectations/Rules/Grading
*Mrs. Rix, Mr. Knaggs, Mr. Reeves, Mr. Taylor, Mr. Devereaux, Mrs. Jelsing, Ms. Koenig*

All fitness classes are based on promoting lifetime fitness. Participation is the main portion of the student’s grade. Participation includes attendance, being prompt, wearing the fitness uniform, having a positive attitude, working in your target heart rate zone, and giving your best effort.

**Instructor Contact #’s**

WHS: 663-8117 ext 734 (girls) ext. 733 (boys)
Email: last name.first initial@mail.wsd.wednet.edu

**Grading Categories**

70% -- Participation
(Uniform, effort, tardies, attitude, attendance, and time in zone.)
20% -- Fitness
  -Fitness tests and goals.
10% -- Fitness Portfolio
  -Projects
  -Written Work

**Class Objectives**

- Increase student’s knowledge, motivation, and fitness level.
- Ability to create a beneficial fitness plan and monitoring system.
- Apply basic weight training principles.
- Apply basic fitness training principles.
- Apply safety procedures for exercise.

**Grading Scale**

Participation makes up 70% of a student’s grade in this course. Each student may earn up to 10 points a day for participation.

The following is the grading scale for all fitness classes:

- **A** = 96 – 100%
- **A-** = 90 – 95%
- **B+** = 88 – 89%
- **B** = 83 – 87%
- **B-** = 80 – 82%
- **C+** = 78 – 79%
- **C** = 73 – 77%
- **C-** = 70 – 72%
- **D** = 65 – 69%
- **F** = 0 – 64%

Points may be deducted from daily totals for tardies, poor attitude, poor effort, time in zone, attendance, partial-suits or non-suits.

**Students earn 0 points for Unexcused Absences.**

Students may make up to 10 excused absences per semester. One 30 minute cardio workout will make up one absence. You have 7 days to make up an absence. The student is responsible to turn the form into their instructor.

**TIME IN ZONE**

Grading will be as follows:

<table>
<thead>
<tr>
<th>Actual Time in Zone</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes--</td>
<td>Full Credit</td>
</tr>
<tr>
<td>15 minutes--</td>
<td>(-2)</td>
</tr>
<tr>
<td>10 minutes--</td>
<td>(-4)</td>
</tr>
<tr>
<td>Less than 10--</td>
<td>(-5)</td>
</tr>
</tbody>
</table>

**Injuries:**

If you become injured in class, please tell your teacher immediately. We cannot be responsible for injuries that are not reported. If you become injured at home, the injury needs to be reported to the teacher with a parent’s note (1 day) or a doctor’s note (longer than 1 day).