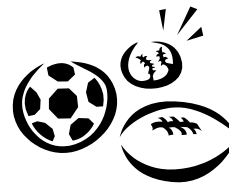


Intro to Lifetime Fitness and Health Summer School Option

Intro to Lifetime Fitness and Health are required courses for Graduation.



If students wish to take three Yearlong Electives during the 9th grade year, they may take Intro to Lifetime Fitness or Health or both courses in Summer School. All Electives will be assigned on a space available basis. *Please note that the ADAP card is issued by the student's Health teacher. It is required when applying for a Drivers License (not the Learners Permit).*



Intro to Lifetime Fitness and Health are offered through the Community School of most Gwinnett County High Schools. **Collins Hill classes will be May 30 - June 27, 2012. The price will be \$225 per course. Registration DEADLINE is Tuesday, February 28, 2012.** A minimum \$50 deposit is required to register with the ***balance due by the first day of class.***

Course Schedule

Intro to Lifetime Fitness.....7:05 - 10:50 AM (Mon—Thurs)
Health.....11:15 AM - 3:00 PM (Mon—Thurs)

These classes are offered to students who are taking these subjects for the first time only. Students are allowed only two absences during Summer School and all Gwinnett County High School rules and disciplinary procedures apply. Students may take no more that two classes in Summer School and must provide their own transportation. Time for lunch is provided between the morning and afternoon classes, but students will need to bring their own lunch. No refund will be given after the first day of class. Students will receive .5 credit for each course successfully completed.

To register, please complete the attached form and **include your check for \$225 per class (or \$50 deposit per class) made out to Collins Hill Community School. We also take Visa/MasterCard** - see attached form. Please mail completed registration form and payment to:

**The Community School of Collins Hill
 50 Taylor Road
 Suwanee, Georgia 30024**

Call 770/682-4132, Monday—Thursday 1:30-6:30 PM.

So what would your schedule look like???

Normal Schedule

3 Core Classes - LA, MA, SC
 2 Electives (Year long)
 Intro Life Fit - Health

Don't forget...You must register for Summer School classes by February 28th in order to have your 9th Grade Classes scheduled properly.

Taking BOTH Intro to Life Fit and Health in Summer School

3 Core Classes - LA, MA, SC
 3 Electives (Year Long)



Taking only one Course in Summer School (SS):

COMBINATION OF ELECTIVES

if you take Intro to Life Fit in SS:

if you take Health in SS:

Lifetime Fitness or Health
 3 Core Classes - LA, MA, SC
 2 Electives (Year long)
 1 Combination of Electives



Health/Computer Apps
OR Health/Chorus

Intro to Life Fit/Computer Apps
OR Intro to Life Fit/Chorus

Taking Health and/or PE during the summer?

THIS FORM MUST BE TURNED IN WITH THE COMMUNITY SCHOOL REGISTRATION FORM

Note: This form and \$50 deposit are due by Tuesday 2/28/12 to ensure available space in the requested class.

Student Name: _____

Student Number: _____

If you are taking only PE during the summer, what class will you take during the school year to replace it? This will be for one semester and the other one will be Health.

_____ Computer Apps (for one semester)

_____ Beginning Chorus (for one semester)

If you are taking only Health during the summer, what class will you take during the school year to replace it? This will be for one semester and the other one will be PE.

_____ Computer Apps (for one semester)

_____ Beginning Chorus (for one semester)

If you are taking Health **AND** PE during the summer, what class will you take during the school year to replace it? **This will be a year long class.**

_____ Geography

_____ French I

_____ Acting

_____ Honors French I

_____ Art

_____ German I

_____ Band

_____ Latin I

_____ Chorus

_____ Spanish I

_____ Dance

_____ Honors Spanish I

_____ Orchestra

_____ Weight Training or Body Sculpting

_____ Computer Applications

_____ Financial Literacy

_____ Computing in the Modern World

_____ Food & Nutrition through the Lifespan

_____ Energy & Power Technology

_____ Marketing Principles

COMMUNITY SCHOOL HEALTH & P.E. SUMMER SCHOOL ADVISEMENT, REGISTRATION, ENTRANCE, WITHDRAWAL AND BEHAVIORAL CONTRACT

I understand that the following conditions will be effective for my Health & P.E. Summer School class:

- | | |
|---|--|
| <p>1. I understand that no more than Two days absence from each class is allowed. Three tardies are equal to one absence. Anything up to 30 minutes late will be a tardy; after 30 minutes it will be counted as an absence. I understand that I will be withdrawn upon the third absence. There is an appeal process for absences beyond 2 days.</p> <p>2. I understand that withdrawal from class will occur for non-attendance or disciplinary action. It is my responsibility to notify my parents/guardian if I am absent or withdrawn from class.</p> <p>3. I must provide my own transportation to and from all classes.</p> <p>4. I certify that I have received a copy of the Gwinnett County student handbook. I accept the responsibility for reading the requirements and I understand the consequences for violation of these policies. I expect the procedures that are listed therein to be enforced by the teachers and administrators. I agree to abide by the rules and regulations outlined.</p> <p>5. It is my responsibility to register for the correct class and to make sure that I have met any prerequisites.</p> | <p>6. I understand the following refund policy: (A) Full refund for withdrawal a week or longer before class begins; (B) Nonrefundable fee of \$25 assessed for withdrawal less than a week before class begins; (C) No refund after class begins.</p> <p>7. If I receive special services at my home school, I understand that it is my responsibility to provide a copy of my IEP or 504 plan to the Community School.</p> <p>8. I agree to pay for any lost textbook.</p> <p>9. I will pay the required balance of \$225 tuition in full before the first day of class.* Checks are made payable to the Community School at which the class is being held.</p> <p>*Out of county fee is \$270 per course</p> <p>10. Credit will be given only for students fulfilling academic and attendance requirements.</p> |
|---|--|

NOTICE: Courses cannot be held unless enough students register. In the event of cancellation, tuition will be refunded.

HEALTH & P.E. SUMMER SCHOOL REGISTRATION FORM

COLLINS HILL HIGH SCHOOL

Student Full Name (print) _____ **Student #** _____

Home High School _____ **Grade Level (Fall 2012)** _____

Registering for: _____ **HEALTH**
 _____ **INTRO TO FITNESS**

Address _____ **City** _____ **Zip Code** _____

Parent E-mail Address _____ **Student DOB** _____

Home Phone # _____ **Parent Cell #** _____

Father/Guardian Name (print) _____ **Work #** _____

Mother/Guardian Name (print) _____ **Work #** _____

In case of emergency call _____ **at phone #** _____

I/we agree to the above entrance, withdrawal, and behavioral contract. **(BOTH PARTIES MUST SIGN)**

Student Signature _____ **Date** _____

Parent/Legal Guardian Signature _____ **Date** _____

Parent/Legal Guardian Signature _____ **Date** _____

Office use only

Deposit: _____ **HEALTH** **BALANCE DUE:** _____

_____ **INTRO TO FITNESS** **BALANCE PAID:** _____

DATE PAID: _____ **RECEIVED BY:** _____

PAYMENT MUST BE PAID TO THE SCHOOL HOSTING THE CLASS

Cash —Receipt # _____ **Check#** _____ **Other** _____

Physical Education/Lifetime Fitness

The content of the course focuses on personal data collection, goal setting, and fitness program design. The Academic Knowledge and Skills (AKS) requirements for PE 101 can be found in the AKS handbook.

MATERIALS NEEDED:

1. Appropriate change of clothing every day (Activity clothes and running shoes for exercise)
2. Folder with pockets and brads
3. A Pencil
4. Water

GENERAL RULES:

1. A student must be on time for class (7:05 a.m.)
2. Appropriate dress: Full-length tee shirts, shorts and sweats are acceptable. Socks and athletic-type shoes with non-marking soles are required. No cut-off style shorts, denim shorts, tank tops or midriff tops are allowed. Only students appropriately dressed out for class will be allowed to participate.
3. NO gum, food or drink allowed in the locker room or gymnasium. It will be thrown away.
4. Students must remain in designated areas assigned by the teacher before, during and after instruction.
5. Bring your summer reading book to read when done with class work for the day.

GENERAL INFORMATION:

Medical Excuses: Students are excused from physical activity by medical excuse only. A medical excuse should state the date that the student may resume physical activity. If possible, the doctor should list any physical activity or physical therapy that would be a viable substitute to strenuous physical activity during class.

Absences: Students are allowed to miss only 2 days. On the 3rd absence they will be withdrawn. (three tardies=1 day absent). The student will have 3 opportunities to make up the days missed. Signing up for the Dennis McCormick road race in August will be one option, and the other two days can be made up on the last full week of class on Tuesday and Thursday night from 5-7 p.m.- times could vary.

GRADING PROCEDURES:

The participation grade represents daily effort toward reaching the daily goals and assignments. The student's participation grade comes from the first two hours of class (cardiovascular/weight room). Chapter tests come from notes and book review in the classroom. The final exam is made up of a written textbook evaluation. This class is required for graduation.

Participation-55%, Chapter Tests-15%, Final Exam-20%, Notebook/Journal-10%

Introduction to Lifetime Fitness

- demonstrate safety precautions during exercise for the prevention of injury(QCC)(PE09-A2002-1)
- explain the effects of weather and climate on exercise(QCC)(PE09-A2002-2)
- explain the relationship between physical fitness and stress management(QCC)(PE09-A2002-3)
- demonstrate ability to assess personal level of fitness for all components of a health-related fitness assessment (QCC,CE)(PE09-A2002-4)
- develop goals and a plan of improvement or maintenance for all fitness components using results from a health related fitness assessment(QCC,CE)(PE09-A2002-5)
- implement and evaluate self-designed fitness plan(QCC,CE)(PE09-A2002-6)
- demonstrate progress toward or meet health-related fitness standards as defined by research(QCC,CE)(PE09-A2002-7)
- select and evaluate physical activities from a variety of facilities, based on personal interest, goals and fulfillment (QCC)(PE09-A2002-8)
- compare and contrast how activity participation patterns are likely to change throughout life and plan strategies to deal with those changes(QCC)(PE09-A2002-9)
- describe how each component of health-related fitness is developed and maintained using the principles of training (QCC)(PE09-A2002-10)
- discuss dietary needs and practices necessary for optimal physical fitness(QCC)(PE09-A2002-11)
- explain the difference in training for the development of muscular strength and muscular endurance(QCC) (PE09A2002-12)
- create motivational strategies for enhancing participation in health-related fitness activities(QCC)(PE09-A2002-13)
- demonstrate a positive attitude toward physical self and lifelong physical activity(QCC,CE)(PE09-A2002-14)
- participate regularly in some form of health-enhancing activity(QCC,CE)(PE09-A2002-15)
- demonstrate ability to access and interpret information regarding age appropriate fitness levels(QCC)(PE09-A2002-16)