

Please don't discard, keep in your binder!

Sports Medicine Health
Fall 2007
Mr. Lombardo
Email: plombard@fwps.org
253-945-5438

The following information will provide you with knowledge to assist you in a successful experience in this course:

District Requirement: *This class satisfies the district requirement for health credit towards graduation.*

Goal: *To develop personally satisfying and socially productive lives in individual, family, and other cooperative settings with a focus on the physical, mental and social aspects of health.*

Textbook; Glencoe Health, 2004, Glencoe-McGraw Hill



Available recourses online to better assist students in class. See Mr. Lombardo for access sheet.

Units of Instruction

Problem Solving and Goal Setting
Personal Health Assessments
Nutrition for Healthy Living
Exercise and Physical Fitness
Mental Health
Chemical Dependency
Infectious, Chronic, and Disabling Diseases
Sexually Transmitted Infections
State AIDS Curriculum
Sexual Responsibilities
CPR and First Aid (*if time permits*)

Attendance:

This class adheres to the Federal Way High School's guidelines for Absences and Tardiness:

- Reference attached sheet
- Any questions please refer to your student handbook

Please don't discard, keep in your binder!

Missing Work:

If you miss class, it is solely **your responsibility** to obtain and complete missing work. If you miss class due to an excused absence, you will have until the date of your class exam for each unit to hand in missing work. Unexcused absences may not make up missing work.

Late Work:

Late work will can be accepted until the date of the following exam, but any work submitted after its original due date will be worth 50%. Incomplete work will receive a score of ZERO (0).

GENERAL EXPECTATIONS:

- Students will attend class regularly
- Students will bring all materials to class: notebook, paper and pen/pencil
- Students will participate in class discussions and hands-on activities
- Students will show respect for the teacher and other students by not talking and by actively listening while the teacher is presenting material or other students are presenting.
- The classroom will be clean and orderly when you enter it; it will also be this way when you leave it.
- **Electronic Devices: Please refer to student handbook!**
- **Students will not be allowed to use the bathroom during class! You need to use your time wisely before class!**

Grading Policy:

Your grade will be based on the number of points that you accumulate throughout the semester. *Cheating of any kind, including plagiarism, will not be tolerated. Any work that is found to be copied from, or identical to, another piece of work will receive a zero. All work must be original and in your own words. This includes looking at another student's work on a test or using unauthorized notes on an exam.*

Your grading is composed of six parts:

Exams: There will be four to five exams given over the course of the semester.

Quizzes: Students are expected to be ready for a quiz for each chapter that is covered. Chapter quizzes maybe combined.

Attendance: Attendance contract worth 100 points.

Homework: There will be homework given out in the form of worksheets that will need to be completed before the next class period. Failure to complete the homework assignments can be turned in late for half credit, after that no credit.

Classroom participation (notes and discussion): meaning notes need to be up to date and discussion about chapter topics is encouraged. Notes and discussion are there to help the student with studies and review time. These notes will periodically checked for points towards final grade.

Attendance: Because you will be earning daily participation points as part of your total grade, regular class attendance, attention, and preparedness is imperative for the

Please don't discard, keep in your binder!

satisfactory completion of the course. These points are deducted if you are absent, tardy, not on task, or disruptive to the learning environment in ANY way. **Contract will be signed by student and parent/guarding.**

Grading Scale:

- A 100-92%
- A- 91-90%
- B+ 89-88%
- B 87-82%
- B- 81-80%
- C+ 79-78%
- C 77-72 %
- C- 71-70%
- F Below 70%

Cheating Policy: Students are expected to do their own work, including homework. Even if you are allowed to work together on an assignment, your answers should not be identical to your partners. The first time caught cheating you will lose points from the assignment. Subsequent offenses will result in an office referral and possible loss of credit for the class.

For more information, please consult the student handbook

If you or your student has any questions what so ever, please don't hesitate to contact me at the above number. My planning period is 1st period

.....

Please detach and return this portion to Mr. Lombardo. Keep the above for your records.

I have read and understood this syllabus for Sports Medicine Health 2007 school year.

Parent / Guardian Signature Date

Student Signature Date

Print full name here _____