

Name \_\_\_\_\_

Fall 2014 Mr. Middendorf

**Lifetime Fitness**  
**Course Description**

Carry-Over sports not only meet a present need, but they also help prepare the student with a varied background in skills and knowledge, so that he or she may enjoy lifetime activities after leaving school. Since many people earn their livelihoods doing sedentary work, a physical activity in their spare time is necessary to help maintain good health. Many lifetime sports are offered throughout the course such as; ultimate volleyball, bowling, table tennis, weight lifting, softball, recreational games, badminton, floor hockey, speedball, and flag football. Students are expected to be prepared to go outside when weather permits.

**Course Syllabus & Expectations**

**Points**

**\*\*Start with 0 points every day. 1 point is earned for the following:**

- a. Arrive on time.
- b. Dressed in active wear (shorts, athletic pants), tennis shoes, shirts with sleeves.
- c. Be active and participating to the best of your ability.
- d. Respect equipment, facilities, students, self, and teacher.
- e. Complete weight lifting daily journal.

**Weight Lifting Journals**

**\*\*\*Students will keep a daily weight lifting journal of workouts using a log sheet provided by the teacher. Students will turn in log sheet at the end of each week.**

**Grade Cutoffs**

A...95%	C...81%
A-...94%	C-...80%
B+...93%	D+...79%
B...88%	D...74%
B-...87%	D-...71%
C+...86%	F...70%

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Date

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Student signature

\_\_\_\_\_  
Date

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Parent/guardian signature

