



# 2024-2025 COURSE SYLLABUS

## DEPARTMENT OF PHYSICAL EDUCATION

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### Course State Standards:

- Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

### **PXS001, Criminal Justice PE**

### **Grade 9-12**

This course is designed for cadets in the criminal justice program. The class is pure (cadets only) and expectations are higher than the standard physical education class. The students will engage in activities to enhance fitness in a manner that will prepare him/her for a physically demanding field of work and will instill a desire to maintain a high level of fitness throughout his/her career. In addition to fitness, building leadership and instilling Pride, Professionalism, Respect, and Teamwork will be a focus.

**Locker & Locker room rules:** Cadets will use a locker in the locker room during their PE period ONLY. They are not to share their locker combination with anyone else and should check their locks before leaving the locker room. All possessions must be locked in a locker in the locker room. VALUABLES MUST NOT BE BROUGHT TO CLASS. Cadets inside the locker room, other than during their PE class, will receive a referral for further disciplinary action. The school is not responsible for any lost or damaged personal items.

**Cell phones & Electronic Devices:** When cadets enter the locker room, all cell phones and electronic devices must remain in a backpack or locker until the end of the period. Cell phones and electronic devices are not allowed during class. Cadets may choose to lock their cell phones in their school lockers rather than the locker room but they must do so during the passing period. Cell phones/listening devices will be confiscated if they are out during class including the locker room (see school cell phone policy).



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**Uniform:** Students must wear a plain white shirt and dark (navy blue/black) athletic shorts for the first month of school. The shorts must have a 4"-8" inseam and loose, like basketball or soccer shorts. Thereafter, a uniform will be provided and no substitute clothing is accepted. Extra or replacement shirt or shorts are \$15 each. Sweats are optional and for an extra cost. \$30 each or \$55 for both hoodie and sweatpants. Cadets must be in an athletic tennis shoe. No laced slippers, crocs in sports mode or lounge shoe will be accepted.

While in uniform, no jewelry is accepted. If it's religious, it must be hidden under the shirt or sweatband. If it's visible or puts another cadet at risk for safety, the student will lose points.

PE clothing may be purchased through the PE Dept. with cash only. Lost or stolen clothes must be replaced by the student within two days.

**Fitnessgram:** Students must be in the Healthy Fitness Zone (HFZ) in 5 of 6 areas tested during the Spring test or they must continue taking physical education classes each year until they pass regardless of their PE grade. Though students will have opportunities to improve their fitness during class, students who struggle in specific areas are strongly encouraged to work on those areas outside of class. For more information about the Fitnessgram test and how to score in the HFZ please see the following website:

<https://pftdata.org/files/hfz-standards.pdf>

**Standard Grading:** Each student is expected to login to their Infinite Campus and Google Classroom using their username ([firstname-lastname@student.scusd.edu](mailto:firstname-lastname@student.scusd.edu)) and password (please see your counselor ASAP if you don't know your password). Here they can see their grades, class information and assignments. If the student does not have access to their account, they need to inform their teacher and counselor immediately.

**Assessment:** In class and online assessments will be posted to check for student understanding and/or develop further understanding of various concepts related to Physical Education. To ensure accountability for student learning, assessments on safety, form, fitness, and basic anatomy will take place throughout the semester.

**Participation:** Students are expected to come prepared with the required uniform and participate in all activities on a regular basis. Students may earn up to 10 points per day. Standing around, coming to class unprepared, horseplay and activities other than what is assigned are off task behaviors that will result in a loss of points. Students who are wearing improper shoes will lose their participation points for the day and cannot make them up. See **Make-up Work** section for absences. Points may be deducted for the following reasons:



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**Grading: (Grading scale is standardized by the district)**

10 points are given daily. It is possible to get 0 points for the day. Check infinite Campus to view actual grade percentages. **50% grade policy applies to final posted grade at the end of the semester ONLY - not participation/assessment grades.** Grades are earned based on:

Stretches	2
Cardiovascular/Warm up	2
Activity	6
Partial participation of activity (incl. Bathroom passes, social butterflies, etc)	-3
Off task behaviors (incl. unprepared, disruption, wallflowers, poor sportsmanship, etc)	-4
Absent (See Make-up Work section below for excused absences)	-10
Cell phone or electronic device in class (see student handbook) & improper footwear	-10

In order to receive a passing grade, students must have a grade percentage of 59.5% or higher and less than 25 non-participation days (not counting excused absences or injuries).

Bathrooms are available in the locker room before and after class (during dress time) so going during the activity will result in missing activity points. Bathrooms used during activity must be in the Admin building.

**Athletes:** All athletes are required to dress and participate in PE class on game days. Athletes will not be dismissed until the posted dismissal time and not be allowed in locker rooms until after dismissal time.

**Medical Excuses:** A parent or guardian may excuse a student from participation in PE for 1-3 days by writing a note to the teacher explaining the reason for the excuse, the number of days to be excused and a time/number to call for verification. **EXCUSES LONGER THAN 3 DAYS REQUIRE A DOCTOR'S NOTE. PARENTS MAY NOT EXCUSE STUDENTS FROM DRESSING FOR PE.** See Make-up Work section below.

**Make-up Work:** One make-up is required for each excused absence or each excused non-participation day. Make-up work is due within the quarter of the absence. Students may make-up no more than **Ten** days per quarter. If there is a medical situation that is more than ten days, students are advised to talk to their counselors about other options. Students will need to make an appointment to schedule their **IN PERSON** make up day(s). Physical education is participation based and their make up will be physical to make up lost activity minutes mandated by the State of California.

**NON-SUITS AND UNEXCUSED ABSENCES CANNOT BE MADE UP.**