

**PE Fitness  
Disclosure Document  
(For Athletic Classes)**

**Purpose:** This class is designed to help accomplish the following:

**(What you will learn)**

1. To understand how regular physical activity is essential to sound health and wellness.
2. That physical activities can be for everyone regardless of their skill level.
3. That physical activities are a lifetime pursuit and can be enjoyed at every age.
4. The ability to plan for your own personal fitness and wellness program.
5. The keys to proper nutrition as they related to fitness and wellness.
6. The skills needed to manage normal stress that occurs daily in each of our lives.

**How will you know you have learned it?**

**Grading and Receiving PE Fitness Credit**

1. Complete and turn in the Student information sheet posted on-line.
2. You are required to keeping a daily fitness log for the required length of time (90 hours) of the activities you do in your respective practices.
3. You are required to keep a daily weight-training log if you are involved in a weight-training program with your team.
4. Complete and turn in a diet log of the foods you eat over a two week period of time then analysis this log using a computer program.
5. You must complete the following skills test (One rep max, flexibility, and pacer test) at the beginning of the season and then again at the end of your season. The tests are to be administered by your coach or one of the PE teachers
6. Complete the written assignments listed on the web page at 80% or higher.
7. Pass the on-line exams at 80% or higher.

A Checklist is given below to assist you in keeping track of the things you need to do.

- Student information paper with skills test log
- One Rep Max Test (two)
- Flexibility Test (two)
- Pacer Test (two)
- Daily Fitness Log
- Weight-training log (if needed)
- Diet Log and computer analysis
- Written Assignments completed
- Exam (score \_\_\_\_\_)