

Florin Mitran
Weights and Conditioning
224-632-3116

FMitran@dist113.org

Please note that I will attempt to return all email/phone calls in 24 hours.

PHYSICAL EDUCATION CLASS PROCEDURES AND CONDUCT

I. Class Time

- A. Class begins promptly 5 minutes after the bell when inside.
- B. Class begins 7 minutes after the bell when outside.
- C. 5-7 minutes will be allowed for changing at the end of class.
- D. When outside you may hear an eight minute bell. Please wait for me to dismiss the class.

II. Tardies

- A. If I am taking attendance, you may tell me you are here as soon as I am finished.
- B. If I have already finished taking attendance please make it a point to communicate to me that you are present.
- C. The first and second tardy will serve as a warning, the third tardy will begin point reductions on your grade and a dean's referral.
- D. **BE ON TIME TO CLASS!**

III. Attire

- A. PE uniform
 - I. Please note that if you do not change you will receive a 1 point deduction from your daily participation grade.
- B. Gym shoes (no sandals).
- C. NO HATS INDOORS (hats may be worn outside).
- D. When outside (during cold weather months) sweat suits are recommended (over the uniform).
- E. Jewelry is not recommended.
Uniform protocol for students not being prepared for class.
 - Protocol is
 - 1st- Loss of 1 participation point + email home.
 - 2nd-Loss of 1 participation point + phone call home.
 - 3rd-Loss of 1 participation point + meeting with chair.
 - 4th-Loss of 1 participation point + Dean Referral.

IV. Grading Procedure

- A. 70% of the student's grade will be based on participation!
 - 1. Being in class daily and participating..
 - 2. Participating in ALL activities (TRY IT)
 - 3. Being on time, dressed for activity and having all materials.
 - 4. Each day, student(s) are able to earn 5 participation points.
- B. 30% of the student's grade will be based on:
 - 1. Student knowledge and Fitness assessments.
 - 2. Student completing weekly record data.

Heart Rate Information

- All students are required to have a heart rate strap.
- All students will be assessed 16 times throughout the semester on Fitness days.
- **Any student who does not complete the 16 assessments will receive an incomplete for the course until all assessments are complete.**

Please note that your grades will be updated weeks 2, 4, 5, 6, 8 & 9 of each quarter.

- 1. Any student reaching 3 tardies will be referred to the dean's office.
- 2. Any student reaching 3 "no-dress" days will be referred to the dean's office.

Grades: Your grades will be based on the following scale:

100 – 93%	= A	69 – 67%	= D+
92 – 90%	= A-	66 – 63%	= D
89 – 87%	= B+	62 – 60%	= D-
86 – 83%	= B	59 and below	E
82 – 80%	= B-		
79 – 77%	= C+		
76 – 73%	= C		
72 – 70%	= C-		

**IT IS THE STUDENT'S CHOICE TO MAKE UP
AUTHORIZED ABSENCES**

XIV. Absences

- A. Authorized Absences
 - 1. Name is listed within infinite campus as authorized.
 - 2. Student does not earn 5 participation pts.
 - 3. Students may make-up any absences.

4. The only absences that will not be counted within a student's grade when missing class will be extended medical and school related absences.
5. Please also note the course audit procedure for excessive authorized absences on page 23 of the student handbook.

B. Unauthorized Absences

1. Name is listed within infinite campus as unauthorized.
2. **Students will be required to make-up any unauthorized absence. Failure to do so will result in an incomplete for the course.**
3. Please note the course audit procedure for unauthorized absences on pages 20-25 in the student handbook.

XV. Make-ups

- A. Participation points may be made up regardless of absence classification.
 1. Students will be limited to 2 PE make-ups per day!
- B. If a student misses a class he/she must do a distance gauged cardiovascular make-up .
- C. All make-ups must be done within 2 weeks of absence(s).
- D. Make-up must be done in the P.E.R.C.
- E. Make-up tests/projects will be made up at the teacher/students earliest available time.
 1. In class, if appropriate.
 2. Before or after school.
 3. During a mutual free period.

XVI. Illness and Injury

A. Nurse

1. If you feel ill, DO NOT go directly to the nurse. See me first.
2. If possible and alternate activity will be made available.
3. You will need a pass to go to the nurse.
4. **IF YOU ARE TOO ILL TO PARTICIPATE IN P.E. YOU ARE NOT ALLOWED TO PARTICIPATE IN CO-CURRICULAR ACTIVITIES.**

B. Dr. Excuses

1. No participation for 2 days = Doctor's note explaining the problem.
2. No participation 2-10 days= Teacher/student consultation with adaptive teacher.
3. No participation for 2+ weeks = Doctor's note required and probable transfer to Adaptive P.E.



**Go
Warriors!**