

7<sup>th</sup> PERIOD – Athletic Physical Education.  
John A. Rowland High School  
COMPETITIVE AQUATICS

**COURSE SYLLABUS - SPRING SEMESTER**

The 7<sup>th</sup> period athletic period is a class just like any other class. Students receive credit and a grade. This class is treated as an advanced course. As with all advanced courses the expectations are going to be much higher and the requirements much more stringent. This is a P.E. class and a grade is given. It is not a free period; you must **earn** an A in this class.

**I. EXPECTATIONS**

A. Be on time

1. This means you are to be at the aquatic center no later than 2:08 pm (2:15 pm Late Start, 12:11 pm on Shortened Days) during a normal school day. Students not present at Check-in will be marked absent.
2. If you are not in the designated area on time, then you are either late or Truant. Unexcused tardies will affect your grade. Unexcused absences will also affect your grade.
3. Student/Athletes must remain in the class until the class dismissal bell.
4. In-season sport athletes will be released to the Coach of the in-season sport following **check-in**. In-season sport athletes will be checked-in first to allow them the opportunity to start practice immediately.

- B. Be prepared to dress out every day. Have the proper attire for the day. The proper attire for 7<sup>th</sup> period athletics will be your swimsuit or dryland clothes, unless otherwise noted by the coach. Be prepared to dress out every day.

**NOTE:** Must maintain a 2.0 GPA in All Academic Classes to be enrolled or remain enrolled in 7<sup>th</sup> Period Athletic PE.

**II. REQUIREMENTS**

- A. Dress out every day. Not dressing out is unacceptable! The only excuses will be a doctor's note or if you are excused by our school athletic trainer. It is very important that if you are unable to participate because of a medical reason, you have the proper note from a doctor. If you do not, it will be considered a non-suit day. Parent's notes will not be acceptable to excuse from participation. If you are not able to get to the doctor, you may go see the school nurse or have your parents contact the school nurse. If the school nurse deems it necessary she will excuse you from participation for the day or an extended period of time.

- B. Parents **MUST** check out their child in the Front Office if they are picking them up early. Students who leave early will be marked absent.

**III. GRADES**

Students can be assessed on a variety of criteria including skill development, social skills/leadership, participation, effort and work habits. Lack of a concerted effort in any or all of the daily activities will result in little to no points earned for that particular day. (arriving on time, dressing appropriately for physical activity, participating fully, and demonstrating appropriate social behaviors)

Here is the breakdown of points in Athletic PE.

A. Ways to earn points:

1. Each day you will be given points for dressing out and participating and following all of the above guidelines.

B. Ways to lose points.

1. If you are tardy without a proper excused note
2. If you do not suit up.
3. If you suit up, but don't participate.

- C. You will also be given a grade for your citizenship (attitude) and your work habits.

Date Turned in: \_\_\_\_\_

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**GRADING POLICY**

Students will receive a composite grade dependent on 4 different categories.

- |                               |   |
|-------------------------------|---|
| 1. Punctuality                | 2. Having appropriate dress for activity. |
| 3. Work Habits /Participation | 4. Unexcused Absences                     |

Grades will be based on the percentage of total points possible that have been earned. A cumulative total point system will be used per semester with the following distribution: A = 90-100% B = 80-89.9% C = 70-79.9% D = 60-69.9% F = 0-59.9%.

In the past, we have all enjoyed a liberal structure to our athletic PE classes and grading in the class. So much so, that it has become acceptable to expect a grade of "A" with an "O" for citizenship and "O" for work habits. This means that there will be a true structured grading policy and discipline in our Athletic PE. Please take the time to review the class syllabus with your parents and sign below, stating that you have read and understand the guidelines above.

In closing, this new class structure is an opportunity for the athletes to receive credit for sport participation in lieu of an additional PE Class on their schedule. I look forward to a productive and successful year. Please feel free to contact me for any questions or concerns at [mcody@rowlandschools.org](mailto:mcody@rowlandschools.org). I will get back to you as soon as I can.

Mr. Cody  
Instructor- 7<sup>th</sup> Period Athletic PE - Aquatics

\_\_\_\_\_  
Print Student Name  
STUDENT ID #

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

**NOTE: Must maintain a 2.0 to remain in the 7<sup>th</sup> Period Athletic Class**

Return Due Date: **January 18th, 2019**  
Scoring Rubric      Turned in on Time: 100 Points  
                                 Turned in Later: 70 Points  
                                 Not turned in: 0 Points

Date Turned in: \_\_\_\_\_