

# **Athletic Skills Development**

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**Utah State University B.S Degree in Human Movement Science**

**Minor in Speech and Communications**

**Endorsement in Health Education**

**Level 2 Utah Teaching Licensure**

**Through the implementation of SEM, students will demonstrate good citizenship, academic achievement, and critical thinking.**

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**“You can discover more about a person in an hour of play than  
in a year of conversation”**

**-Plato**  
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## **Course Content and Expectations:**

You have signed up for a course that is meant to help you develop physical and mental skills that will assist you in furthering your career as an athlete. The definition of an “athlete” is applicable to everyone who takes this course, whether that means you are an athlete of a specific sport or one of your own physical fitness. Participation, assignments, sport and skill fundamentals will be graded accordingly. Respect, trust, and participation are the expectations associated with this class.

## **Grading Policy:**

Points will be lost in the participation portion of your grade if classroom expectations are not met. This includes tardiness, absences, not dressing in PE dress code, and not participating. Assignments will be based in and outside of class; they will be graded accordingly.

\*\*\*\* Late work will be accepted up to two weeks, after that it will be docked by 10%.

**Grading Scale:**

93-100%= A	
90-92%= A-	73-76%= C
87-89%= B+	70-72%= C-
83-86%= B	67-69%= D+
80-82%= B-	60-66%= D
77-79%= C+	0-59%= F

**Citizenship**

H	90-100%
S	80-89%
N	70-79%
U	0-69%

**Assignments:**

This class will not be physically easy. Challenging yourself will make you a better athlete both physically and mentally. Different aspects of class will expose you to ways you can expand your interests in cross training activities to help your physical standing with sport. Field trips will be spread throughout the semester, further details will be send home when dates for field trips get closer. I will take citizenship into account when it comes to field trip eligibility. Guest speakers will be attending some of our classes. Assignments will be based off of their presentation.

Assignments include a nutrition log, journals, SMART Goal calendars, and fitness testing. Fitness tests will happen accordingly throughout the year to see your progress. You will be basing journals, assignments, and goals off of these, please make sure that you have them complete when you need them. Journals will happen every day in class and SMART Goal calendars will be due every two weeks.

**Behavior Policy:**

The behavioral expectations in class are as follows: When unacceptable behavior is shown in class (see first paragraph of disclosure), students will receive two warnings (also known as strikes). If behavior fails to change, three strikes and the student will be escorted to a separate area (the hall, classroom, office etc.) and will be expected to complete the given book work before the end of class to receive full credit (30 points) for that day. An email will be sent home and citizenship will be adjusted accordingly.



**After school Hours:**

**My lab hours are from 2:52-3:45 pm MWRF** (can change due to events that may come up). I am teaching many classes and also coaching athletics. There will be days that lab will be canceled due to my schedule, especially during soccer season (Spring 2016). I will

either be in my classroom or in the gym. Please check both places, **if**  
**you still cannot find me kindly**  
**ask the office to call me over the**  
**intercom.**

**Parents and Students, please sign on the line below. With this signature you have read and agree to the terms of this disclosure statement. Thank You!**

**Parent**

**Signature** \_\_\_\_\_

**Student**

**Signature** \_\_\_\_\_