

**COURSE SYLLABUS**  
**COURSE NAME: Kinesiology**

**School:** Etowah High School-Metal Gym  
**Teacher's name:** Mrs. Klein  
**E-mail address:** kklein@attalla.k12.al.us

Course Description:

Lifetime Fitness class will teach students fitness and the importance of fitness through team sports, team building, and a variety of exercises, and developing a personalized fitness plan. Students will have the opportunity to cooperatively learn the importance of staying fit, and the healthy aspects of lifetime sports and activities. The Life curriculum will be conducted based on the standards from the Alabama Course of Study.

Class Participation:

Everyone is expected to participate in activities every day. A doctor's note or other note approved by the teacher is acceptable.

Dress Attire:

All students will dress in appropriate athletic attire.

Athletic shorts must be appropriate length.

Shirts must have sleeves-NO tank tops.

Athletic Shoes are required. No street shoes, boots, dress shoes, or open-toed shoes.

Methods of Assessment:

- Fitness Testing
- Projects
- Daily Participation– Participation, Attitude, Cooperation, Effort (P.A.C.E)
- Quizzes
- Observation Checklists