



Welcome to

HOPE CLASS

HEALTH OPPORTUNITIES THROUGH PHYSICAL EDUCATION

Charlotte High School [2024-2025 Class Syllabus]

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I. Course Description → Required for graduation for class of 2011 and beyond

Health Opportunities through Physical Education (HOPE) combines health and physical education and enables students to experience first-hand the many benefits of regular physical activity, proper nutrition, and healthy decision making! The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. In addition to the physical education content represented in the benchmarks, specific health education topics within this course include, but are not limited to:

Mental/Social Health

Physical Activity

Components of Physical Fitness

CPR/First Aid

Diseases and Disorders

Nutrition and Wellness Planning

Drugs and Medicine

Access the site link below to view the Florida Department of Education description and standards:

<http://www.cpalms.org/PreviewCourse/Preview/4058>

II. Classroom Resources

1. Textbook

Health Opportunities Through Physical Education: Florida

Human Kinetics, 2014

Students will have online textbook access for personal use in class and at home. Chromebooks will be available for use in the classroom. Hard copies will be available for use in school if preferred.

2. Coach Hoffart's Class Webpage

URL: <https://www.yourcharlotteschools.net/site/Default.aspx?PageID=21259>

My CHS Staff webpage can be found by typing in the above URL, or by going to the Charlotte High School Homepage and clicking on my name in the physical education section of the Staff tab. My syllabus, weekly plans and other class information will be made available at that location.

3. Canvas K-12

Canvas access is available on the CCPS Classlink Homepage. Students will be automatically enrolled in my Canvas Course by CCPS. We will explore my course in Canvas during the opening weeks of school. A variety classroom activities and routines will take place through this program as the year progresses. Canvas is a great resource for students to keep in touch with class information, access class documents, finish classroom assignments at home, submit online assignments, and to retrieve make-up work during an absence. I will refer students to my course in Canvas consistently throughout the year.

4. Remind Communication App

The Remind app has been adopted by the district to aid in teacher, student, and parent communication. Remind creates private phone numbers for users to keep personal information confidential. This allows us to use cell phone text messaging to keep in touch and ask questions throughout the school year. Parents and students are automatically added to a class Remind to start the year. I will be using Remind throughout the school year to keep in touch with students and parents for various classroom information.

III. Classroom Materials

- All assignments will be completed and submitted digitally, so no additional materials are needed.
- **Dressing out is optional.** Students may bring an extra shirt, shoes, etc. if preferred during activity days.

IV. Classroom Policies

- **Have respect for everyone and all school property** – Explanation should not be needed.
- **Be on time** – Tardies are defined as crossing the threshold of the classroom either before the bell rings, or before the teacher enters the classroom... whichever comes first. On gym days, tardies are defined as being in your designated space of the Auxiliary Gym 30 second after the late bell rings. Tardies will result in cell phone confiscation which will then be turned into the Dean's Office.
- **No food or drink in the classroom or the Aux Gym** – Water will be the only exception
- **Use the restrooms between classes** - Students will be granted 3 passes during class time per school day.
- **Cell phones and personal electronics should be put away at all times during my class and in the Aux Gym.**
 - By Florida State Legislation, cell phones and other wireless devices are prohibited during instructional time, and will result in confiscation if used without direct teacher permission. Leave these devices in your backpacks.

V. Course Procedures

Classroom Days:

- 2 days a week → Monday & Wednesday
- Report on time
- Participate/Complete daily assignment

Activity/Gym Days:

- 3 days a week → Tuesday, Thursday, & Friday
- Be in the gym on time in your assigned spot.
- Participate in fitness activities.

VI. Course Grading System

Quarterly Class Grades

HOPE Class will be using a Total Point System to calculate student grades. Scores and grades on individual assignments, assessments, and participation will be added together to determine the number of **points earned** by the student. That number will be divided by the **total number of points available** in order to determine a student's overall quarter grade. Assignments may include vocabulary, video guides, and/or test reviews.

Tests → 30-50 points

Class Assignments → 30 points

Fitness Activity Participation → 15 points each day

Check FOCUS every other week to monitor grades. Updated grades are usually entered every 2 weeks

Understanding FOCUS Grades

Assignments are considered late if they have not been submitted by the indicated due date. **If you see a (0) in FOCUS this means that you did not submit the assignment by the time it was due.** If you were present on the due date of the assignment, and your assignment is missing, the grade will remain a (0) until it is turned in for partial credit at the discretion of Coach Hoffart. All late work, regardless of the situation, must be communicated with Coach Hoffart before and after submission.

In the occurrence of an absence, *it is the student's responsibility* to see Coach Hoffart or his web page for all make-up work. Canvas will be the primary resource for retrieving missing information and documents. **All missed assignments will be marked as "0" until made up.**

District Semester Grades for Class Credits

A district wide grading matrix is used to average quarterly scores, in conjunction with exam scores, to determine consistent semester grades for each high school class. The following weighted averages are used to determine final semester grades and GPA calculations:

Semester 1 Grades

- | | |
|------------------|-----|
| - First 9 weeks | 35% |
| - Second 9 weeks | 35% |
| - Semester exam | 30% |

Semester 2 Grades

- | | |
|------------------|-----|
| - Third 9 weeks | 35% |
| - Fourth 9 weeks | 35% |
| - Final exam | 30% |

CCPS Code of Conduct – All class policies align with stipulations set forth by the CCPS Code of Conduct. An online version of the CCPS Code of Conduct can be found on the CCPS webpage under Parents, or at this URL:

<http://yourcharlotteschools.net/students/documents/1718/CodeOfStudentConduct.pdf?t=1438969904487>.

VII. Course Outline

Semester 1: FITNESS FOR LIFE

Unit 1 Building a Fitness Foundation for Life
Unit 2 Becoming and Staying Physically Active
Unit 3 Moderate and Vigorous Physical Activity

Mid-Term Exam: Unit 1-6

Unit 4 Muscle Fitness & Flexibility

Unit 5 Healthy Choices

Unit 6 Moving Through Life

Semester 2: HEALTH FOR LIFE

Unit 7 Understanding Health & Wellness for Life
Unit 8 Preventing Disease & Seeking Care
Unit 9 Embracing Priority Lifestyles

Final Exam: Unit 7-12

Unit 10 Building Relations & Lifelong Health

Unit 11 Avoiding Destructive Habits

Unit 12 Creating Healthy Communities

VIII. HOPE Class Syllabus Acknowledgment Signature

Acknowledgement that you have received, reviewed and understand the course syllabus detailing the expectations of a high school student for Coach Hoffart's HOPE class will be completed digitally as an assignment in Canvas. This digital signature assignment must be completed within the first 10 days of enrollment in my class.