

Mrs. Ferris' Kinesiology Class

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### **Introduction**

Welcome to Kinesiology! This is an advanced biology course. Since you are taking an advanced course, I will expect much from you. By taking advanced courses, you are preparing yourself for college. This class will be taught on a college prep level, and require some independent study.

In this course, you will learn about the nature and function of human movement in sport, dance, physical recreation, and adapted movement activities. We will be analyzing daily living activities, work tasks, injury rehabilitation protocols, and movement analysis of other animals. Since we are incredibly complex creatures, this is no easy feat. You should spend at least one hour studying outside of class for each hour you spend in class. You will be introduced to new biomechanical terminology to extend your depth of knowledge learned in Anatomy and Physiology as well as in Physics. We will be conducting labs throughout the course, some of which may require physical activity. This class isn't easy, but I PROMISE it will be interesting. How could the human body be anything other than interesting? I hope you enjoy your experience in this class and take pride in what you achieve.

### **Help/Study Groups**

Don't allow yourself to get lost! I am here to help you. I usually arrive at school by about 7:00 AM. I also am usually here after school until 4:00 PM. Study groups will meet in D207 on Tuesdays from 3:00-4:00 PM. You are welcome to come to me for help, as well as meet with other students for help or to study together. You can earn credit points for coming to study tables. If you come to study for a test, or get help ahead of time on an assignment, I will give you credit points on that assignment.

### **Grading Scale**

A	90% - 100%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	< 60%

### **Required Materials**

1. Textbook
2. Loose leaf paper or notebook
3. Pencil or pen (black or blue)
4. A set of colored pencils
5. Folder or Binder (specifically for A & P ONLY...Every student is responsible for keeping a folder containing all of the papers and notes that are given in class as well as those graded and returned. Periodically these may be graded. Past assignments may also be needed for future reference, and used as study guides for midterm and final exams.)

### **Seating**

Students will be assigned seats. Exceptions will be made for anyone having difficulty seeing the overhead screen or board as well as those with difficulty hearing instruction. I reserve the right to move any student at any time based on his/her behavior in class. You may adjust your chairs, but after the bell rings it must remain at the current position. You must remain in your seats until the bell rings. Lining up at the door is unacceptable.

## Class Rules

1. Conduct yourself in a manner that is courteous and respectful at all times. The rules of conduct for this class are intended to provide a safe and pleasant learning environment.
2. Use classroom and lab materials properly with high regard to safety.
3. No food or drinks will be permitted in the classroom. Water is permitted in a see-through container only.
4. Restroom stops should be made during the student's passing time. Do not ask to go to the bathroom right after or before the bell rings. The answer is "no." Emergencies are the exception. You will be required to sign out and in when allowed to visit the restroom, and you must stay after class for the same amount of time you missed to go to the restroom. Do NOT interrupt my class to ask to go to the bathroom or to your locker. I will NOT let you go!!!
5. Tardies will be handled following the school policy. Please see your handbook and become familiar with this!! If you are tardy to class, you must sign in.
6. **HOMEWORK...** Turn your work in! If you forget an assignment, you will have the opportunity to serve an hour of after school study tables to finish and turn in the assignment with no academic penalty. The assignment must be finished and turned in at the study table assigned to receive full credit; otherwise the assignment will be a 0. I will not accept late work after five days under any circumstances.
7. **Make-Up Work...** You will have one class period to complete work missed when absent. It is your responsibility to find someone in class you can depend on to copy the notes you missed when you are absent. You are responsible for getting the work you missed, which you will find in the make up work binder or on the website. Tests must be made up during the first possible study table after the absence, on the next available Wednesday morning, or during your normal study hall the day you return to school following the absence.; which ever comes first. If you fail to make up the test, it will become a 0 at that point.
8. If you are caught sleeping in class, you will be asked to stand for the remainder of the period.
9. Cheating will not be tolerated and will result in a 0 for the assignment or test.
10. Bags and purses must be hung on the desk hooks or placed on the floor behind the desk. Placing these items on the desk tops, on the lab benches, on laps, or in middle of the isles will not be permitted.

**Do the right thing! If you really have to think about it, it probably is not okay!**

I will handle all discipline problems using the school discipline forms.

I will handle all academic problems (not bringing class materials, not doing assignments, ect.) by assigning study tables. You must serve study tables on the days assigned. If you do not serve assigned study tables, you will be referred to the office, which may result in a night school being assigned.

## How to Succeed in My Class

1. Pay attention
2. Follow directions.
3. Be prepared for class with your book, writing utensil, and supplies.
4. Do not pack up early to leave class...you will have plenty of time to leave and get to your next class.
5. Be in class before the bell rings.
6. Make sure your cell phone is off and put away.
7. Use the class website...it has helpful information (when up & running).
8. Turn work in on time.
9. Participate in class discussions...if not, class could get really boring.
10. Ask for help if you do not understand something!

The key elements of success in class are attendance, organization, and effort!

The only person who can prevent your success is you!