

# Personal Fitness Wellness Syllabus 2018-2019

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**Mr. Cadigan**

## **Overview**

Fitness Units, Student Teaching Units, Analyzing Movements, Research Projects

## **Grading**

1. Assessments (Written, Skills, Observations)
2. Projects – 1 Major Project per Quarter
3. Fitness Tests – 1 Fitness Test per Quarter
4. Participation – Lose 11 Points of overall grade every time you do not participate  
(1<sup>st</sup>-89%, 2<sup>nd</sup> 78%, 3<sup>rd</sup> 67%, 4<sup>th</sup> 56%)