

West Morris Mendham High School

Health and Physical Education Department

Department Policy Regarding Medically Excused Students from Physical Education Class

1. In the event that a student is unable to participate in physical education class as a result of a medical condition the following procedures need to be followed:
 - a. In order for a student to be excused from a physical education class as a result of a medical condition the student must provide the assigned physical education teacher and school nurse with a copy of the doctor's note.
 - b. Students not participating in physical education class without a doctor's note will be marked down on their grade and will be required to make-up any lost points.
 - c. Student requiring a two week excuse will be assigned to a study hall by the school nurse.
 - d. Those excused for less than two weeks will remain with their physical education class.
 - e. A student requiring an excuse for five (5) days will be required to complete a written physical education research assignment(s) based on the length of their excuse from physical education class.
 - f. These assignments are expected to be completed upon return to physical education class or at the end of each unit.
 - g. Failure to complete the assignment will adversely affect an individual's physical education grade for the unit, marking period and possibly the year.
 - h. In the event the student has a condition (e.g. – concussion) that precludes them from regular school assignments, individualized work will be assigned or an incomplete will be given until the work is completed.
2. Assignments
 - a. Student missing five (5) or more calendar days from physical education class will be required to do the following assignment:
 - i. Read two (2) articles pertaining to health, physical fitness, nutrition, or other topics related to physical education and type a one (1) page summary. The type written summary reflection must include why the student chose this article, how it pertains to physical education class and outline the key points mentioned throughout the article.
 - ii. The student will submit this type written assignment with a copy of each article to the physical education teacher.
 - b. Students missing five (5) to twenty (20) days of physical education will be required to do the above assignment at a rate of two (2) article summary reflections per week.
 - c. Students missing more than twenty (20) calendar days from physical education class will be required to complete a 3-5 page type written research assignment. The research topic will be selected from the approved topic list provided by the physical education department. This assignment will be due upon the students

return to physical education class or at the end of the unit or marking period, whichever comes first.

- d. A student missing a single marking period of physical education will be required to complete the two (2) written research assignments.
- e.

Weekly	Two (2) Articles with a one (1) page Summary
Unit	One (1) Research Paper
Marking Period	Two (2) Research Papers

3. Grading

- a. Each assignment will be graded by the physical education teacher and averaged into the student's grade.
- b. No papers will be accepted and no credit will be given for any paper received five (5) school days from the close of the unit or marking period.

4. Selecting a research topic:

- a. All topics must be approved by the health and physical education teacher.
- b. Topic must be relevant to health, fitness or physical education.
- c. The physical education teacher has the final decision on all proposed research assignments.

5. Criteria for the research assignment:

- a. Research assignments must have a focus. Stay away from general topics of drugs. For example:
 - i. What are the physical and mental effects of drug abuse?
 - ii. What are the social and emotional effects of alcoholism on a family living with an alcoholic?
 - iii. What are the long term physical and psychological effects of steroid use?
- b. Students are required to do an appropriate amount of research on their topic.
 - i. The student is required to use a minimum of three (3) resources.
 - ii. Each source must be appropriately cited and referenced.
- c. Students are to submit to the physical education teacher an outline prior to writing the paper.
 - i. The teacher will use this opportunity to ensure appropriate research and information is being included in the assignment.
 - ii. The student will include a list of references with their outline.
- d. Students will use MLA format
- e. Students will be required to hand in essays both in printed copy and digitally on www.turnitin.com. Directions will be provided by the physical education teacher.

6. Any student found to have plagiarized or downloaded or copied a pre-existing research paper from the internet or any other source will automatically receive a failing grade for the marking period.

7. The following are broad topics that students can use to formulate an idea for a research assignment. However, their final topic should be focused, not broad or open ended.

- a. Power of Positive Thinking
- b. Sleep
- c. Domestic Violence
- d. Bullying

- e. Obesity
- f. Dieting
- g. Eating Disorders
- h. Fast Food and Lawsuits
- i. Benefits of Physical Fitness
- j. Insect Borne Disease
- k. Diabetes
- l. Steroids
- m. Alzheimer's
- n. Vaccinations
- o. Skin Cancer
- p. Cancer
- q. Heart Disease
- r. Lifestyle Diseases
- s. High Cost of Prescription Drugs
- t. Medicare/Medicaid
- u. Stem Cell Research
- v. Cloning
- w. Cryogenics
- x. Birth Defects
- y. Bio-Feedback
- z. Public Safety: Red Alert Bioterrorism
- aa. HIV/AIDS
- bb. Mental Illness
- cc. Medical Ethics
- dd. H5N1
- ee. Addiction
- ff. Alcohol and the Brain
- gg. Depression
- hh. Weight Training
- ii. Benefits of Extracurricular Sports
- jj. Club Drugs
- kk. Date Rape
- ll. The Value of Athletics in Education
- mm. Personal Training
 - nn. Exercise Science
 - oo. Fitness Fundamentals
 - pp. Outdoor/Leisure sports
 - qq. Strength Training
 - rr. Flexibility
 - ss. Sportsmanship
 - tt. Group Sports
 - uu. Individual Sports
 - vv. Coaching
- ww. First-Aid, Safety, Life skills
- xx. Any other topic needs to be approved by your physical education teacher**