PERSONAL HEALTH and WELLNESS

SYLLABUS

**Instructor: James Walker Classroom: Career Center room 300**

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**Basic Information:**

* 9 weeks (one quarter)
* 29 Chapters
* Required course for Graduation

**Description:**

**Personal Health and Wellness** is a course designed to provide students an opportunity to examine and increase their basic knowledge of healthful living. Thought and discussion are encouraged. Discussions include physical activity, nutrition, safe and healthy relationships, stress and emotions, and basic human anatomy. A major goal is for each student to take personal responsibility for their health while attempting to make positive lifestyle choices and changes.

**Materials (Daily):**

* Glencoe Health Textbook (provided)
* 3 ring binder with loose leaf paper
* Pencils / Blue or black ink Pens

**Classroom Policies and Procedures**

* Be on time, prepared for class or clinical and ready to work *before* the bell rings.
* Be an active participant in classroom discussion and skills labs.
* Be respectful of others: No student is allowed to disrupt the learning or teaching process. Packing up books and belongings at the end of class is not allowed until the teacher has given permission.
* Be respectful of your environment: take care of equipment and do not bring open food and/or beverages into the classroom setting.
* Before leaving the classroom, make sure that the room and your area is neat and clean.
* NO student is allowed into the workroom or lab areas without teacher permission.
* Utilize restroom facilities before class begins.
* Follow directions the first time they are given.
* Follow all school rules as outlined in the student handbook.

**Consequences**

1. Verbal Warning
2. Student-Teacher Conference
3. Call home to parents
4. Administrative referral

**Assigned readings, homework and classwork**

Homework and classwork will be given to reinforce concepts covered in class. Classwork is due at the end of class unless otherwise told by the instructor. Late work will only be accepted because of an absence. Missed assignments must be made up. It is the student’s responsibility to find out what was missed and make arrangements with the instructor.

**Extra help**

Don’t hesitate to ask your instructor for extra help! I am here to help you succeed in this course, so take advantage of any needed additional instruction. Clear up small problems before they become major obstacles! I will be available by appointment after school. Let me know if you need extra help so that I can arrange an appointment.

**Grading system**

**Nine Weeks Grade:** Unit Tests 50%

Quizzes/Graded Homework 25%

Graded Classwork/Projects 25%

**Final Grade: Nine Weeks 80%**

**Final Exam 20%**