CROCKETT COUNTY HIGH SCHOOL

SYLLABUS

# Wellness Coach Kayla Irvin/ Coach Brent Fronabarger/ Coach Kevin Ward

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### Room: Swamp/Gym Email: [kayla.irvin@crockettschools.net](mailto:kayla.irvin@crockettschools.net)

### [brent.fronabarger@crockettschools.net](mailto:brent.fronabarger@crockettschools.net)

### [kevin.ward@crockettschools.net](mailto:kevin.ward@crockettschools.net)

**COURSE DESCRIPTION:** This course explores seven major disciplines of overall wellness: Disease Prevention and Control, Nutrition, Substance Use and Abuse, Mental/Emotional/Social Health, Sexuality and Family Life, Safety and First Aid, and Personal Fitness. This course also incorporates physical activity and will utilize guiding questions, tests, mini projects, and a physical fitness test to frame topics and to guide students through the learning experience. To ensure success in this course, each student is advised to keep up with personal fitness goals in a journal, complete all assignments and projects, attend class, pass exams and participate daily during gym time. Each week, there will be a participation grade (20 points/day=100 points for the week).

**SUPPLIES:** Tennis Shoes/ Gym Clothes

Notebook/Folder for Wellness

Pencils

**CLASSROOM POLICIES:**

1. Follow all directions.
2. Use equipment and facilities only under instructor’s supervision.
3. Refrain from horseplay at all times.
4. Arrive for class on time and actively participate.
5. Profanity and fighting will not be tolerated.
6. Dress out appropriately each day for class.
7. No cell phones at ANY TIME.
8. No food or drinks in the gym at ANY TIME for ANY REASON.
9. Students may not leave the gym without permission from the instructor.
10. Participate to the very best of your ability.

**DRESSING FOR PE:**

1. Each student is REQUIRED to wear tennis shoes for P.E. class EVERY DAY. If a student does not, he or she will lose 20 participation points for the day.
2. Students may dress out in sweatpants/ shorts and a t-shirt. If you choose to wear regular school clothes, you will still be expected to participate. Cut off shirts are not allowed.
3. Students will be given 5 minutes to be in the gym and ready for class. Students will be given 5-10 minutes at the end of class to change back into school clothes.
4. Once students leave the locker room for P.E. class, they will not be allowed to return until class is over.

**GENERAL INFORMATION:**

1. A written note from a doctor will be the **only** excuse allowed for nonparticipation. Notes from parents will **not** excuse participation.
2. Students will alternate every 2 weeks between the gym and the classroom.
3. Students will be graded on daily work and tests during the classroom sessions and daily grades and participation during the gym sessions. Each week will be worth 100 participation points. If a student does **not** dress out, he or she will lose the 20 points for that day.

# CCHS OFFICIAL GRADING SCALE

# 93-100 = A

# 85-92 = B

# 75-84 = C

# 70-74 = D

# 69-0 = F

**GRADING CATEGORIES:**

25% - *DAILY CLASS WORK*

50% - *TEST GRADES*

25% - *EXAM GRADE*

## MAJOR UNITS AND PROJECTS

\*\*THIS CLASS ALTERNATES 2 WEEKS IN THE GYM/2 WEEKS IN THE CLASSROOM. EVEN ON CLASSROOM DAYS, IT IS CRUCIALLY IMPORTANT THAT EACH STUDENT BRINGS TENNIS SHOES TO COMPLETE THE DAILY WALKING ASSIGNMENT. IF THE STUDENT DOES NOT BRING TENNIS SHOES, HE OR SHE LOSES THE 20 POINTS FOR THAT DAY.

**1ST QUARTER**

**Disease Prevention and Control**

Students will focus on:

* Identifying the causes, signs and symptoms, treatments and prevention of communicable and non-communicable diseases related to total wellness and health maintenance.

**Mental, Emotional, and Social Health**

Students will:

* Acquire the knowledge and skills necessary to make informed decisions regarding their mental, emotional, and social well-being.

**Nutrition**

Students will:

* Assess the effects of nutritional choices and incorporate strategies that contribute to improved quality of life.

**2nd QUARTER**

**Personal Fitness**

Students will:

* Acquire the knowledge and skills necessary to achieve and maintain a health-enhancing level of personal fitness.

**Safety and First-Aid**

Students will:

* Acquire the knowledge and skills necessary to recognize, respond, and apply appropriate procedures to accidental and life-threatening situations.

**Sexuality and Family Life**

Students will:

* Examine human sexuality (e.g., biology, behavior, responsibilities, attitudes) and recognize the influence of society and family values on decision-making.

**Substance Use and Abuse**

Students will:

* Differentiate appropriate and inappropriate use of chemical substances.

**TESTING DATES: TBA (Tests will occur on the Friday of each week we are in the classroom.)**

**PROJECT DUE DATES: TBA**

**PARENT RESOURES:**

[**http://crocketthigh.ccschools.net/**](http://crocketthigh.ccschools.net/)

I have read over the syllabus and I have noted that classroom behavior and student responsibility are significant factors in determining the final grade. I also have read and understand the class policies. I also understand that I can contact the teacher at [kayla.irvin@corckettschools.net](mailto:kayla.irvin@corckettschools.net)/brent.fronabarger@crockettschools.net/kevin.ward@crockettschools.net or call CCHS at 731-696-4525 to set-up a meeting with the teacher.

Student name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_