



Central High School
Lifetime Wellness Course Syllabus
2017-2018



Teacher: Coach Masingale

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Planning Period: 7th Period (2:25 pm - 3:15 pm)

Course Description: The Health content of the course includes seven standards: Disease Prevention and Control, Nutrition, Substance Use and Abuse, Mental/Emotional/Social Health, Sexuality and Family Life, Safety and First Aid and Personal Fitness. The Physical Education content five components: Motor Skills, Cognitive Concepts, Fitness and Physical Education, Rules-Etiquette-Sportsmanship, and Values Physical Education. Content area from both subjects are addressed in a classroom and/or physical activity setting. Personal fitness and nutrition are emphasized and integrated throughout the course. Students are provided opportunities to explore how content areas are interrelated. Students acquire knowledge and skills necessary to make informed decisions regarding their health and well-being throughout their lifetime.

Classroom Expectations:

- Be on time, PREPARED (see "materials"), and ready to learn!
- Use appropriate language and communication skills.
- Always show respect and good sportsmanship toward others
- **KEEP SAFETY FIRST:** Do not behave in a way that may put anyone at risk of injury
- If ill/injured and **cannot participate in PE**, written work will be assigned, and a parent/doctors note will be required.
- All injuries that occur during class, must be reported immediately

Discipline Procedures:

- 1st offense: Verbal Warning
- 2nd offense: Written Assignment
- 3rd offense: Office Referral

Materials: Students are expected to come to class PREPARED! The following materials are needed in order for you to succeed in this class:

- A notebook with lined paper (for graded, daily assignments)
- A pencil with an eraser and/or a pen
- Athletic Shoes
- A change of clothes for PE class
- A Combination lock for your locker

Grading Policy:

- 50% of final grade will come from daily assignments in Health Class
 - o notes, worksheets, quizzes, tests, etc.
- 50% of final grade will come from participation in Physical Education
 - o dressing out for class
 - o participating in activity

I have read the expectations and procedures for Coach Masingale’s Wellness class and do understand what is required in order to succeed.

Student Name

Signed

Date

Parent Name

Parent Email

Parent Phone