

Wellness I Course Syllabus

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My goal is for us to work together to ensure your success in this class. I hope to challenge you to not only look at your personal level of health, but to analyze and know **how** to increase your level of health for the years to come. Not only will you learn about "health", but you will also learn about time management, working with your peers, accountability, responsibility and many other "life lessons". So much of what you learn in this class can be used in your life - - ultimately helping you to reach your optimum level of health!

Curriculum

Life Skills, Nutrition, Fitness, Non-Communicable Diseases/Family History, Global Health Awareness

Supplies

Writing utensil
Folder (preferably a 3-ring binder)
Paper
Completed work - - when the bell rings!

"Ignorance is no longer an adequate excuse for failure. Why? Because virtually all limitations are self-imposed...you have no limitations except those accepted in your own mind."

-Unknown

Grading Distribution

20% Tests and Quizzes
80% Daily Work

Grading Scale

| | | | |
|-----|-------------|-----|--|
| A: | 100%-93.5% | A-: | 93.4%-90% |
| B+: | 89%-86.5% | B: | 86.4%-83.5% |
| B-: | 83.4%-80% | C+: | 79%-76.5% |
| C: | 76.4%-73.5% | C-: | 73.4%-70% |
| D+: | 69%-66.5% | D: | 66.4%-63.5% |
| D-: | 63.4%-60% | F: | <59% NOTE: This class must be passed to graduate☺ |

Student Expectations

- Be in class on time AND regularly. If you know you will be absent, get work ahead of time.
- If you are absent, lost/forgot your work, or just to look ahead - - Use the calendar on the following website
- All work is due at the **beginning** of class of the due date. **Late work will not receive full credit** (loss of 10% day -- up to 50%).
- You may NOT go out and print your work at the start of class!
- Make-up tests/work must be completed either before school, study hall or lunch time - - arranged by student and teacher.
- You are allowed two passes to go where you need (i.e. locker, bathroom, drink, etc.) - - a tardy will be marked for each pass used after two.
- No electronics, food, or pop are allowed the classroom!
 - Put your cell phones in the box as you enter the room each day. If you do not put your cell in the box (and I see it or it goes off), you will receive a referral and you must pick up your phone with your grade level administrator.
- Be aware and model the EVHS Guiding Principles/Academic Honesty and Integrity Policy.

"It is health that is real wealth and not pieces of gold and silver."

~Mahatma Gandhi

Students and parents/guardians: By signing below you acknowledge that you have read and understand the course requirements and expectations

Student Signature

Date _____

Parent Signature

Date _____