

**Health and Physical Education
Course Syllabus
Anderson County High School**

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Course Description

This course is designed to equip students with the knowledge and understanding necessary to take personal responsibility for their overall health and well-being. A central focus of the course will be an in-depth view of human health as a multi-faceted concept. Health and wellness will be investigated in terms of physical health, emotional health, family life, diseases and disorders, drugs, tobacco, and alcohol, and other fundamental topics. Instruction will be designed to help students make choices and engage in behaviors that are conducive to high levels of health and well-being over the course of their lifetime.

Class Goals

1. Students will develop a knowledge and understanding of human health which encompasses all of the dimensions thereof.
2. Students will be able to take responsibility for their own personal health and well-being.
3. Students will demonstrate skills that promote individual well-being and healthy family relationships.
4. Students will demonstrate strategies for becoming and remaining mentally and emotionally healthy.
5. Students will be able to demonstrate the skills to evaluate and use services and resources available in their community.
6. Students will demonstrate the ability to maintain a healthy lifestyle.

Health/PE Classroom Rules

1. Be in class on time and with all necessary materials.
2. Follow directions the first time they are given.
3. Respect others and yourself.
4. Keep your hands, feet, and potentially offensive comments to yourself.
5. Do your part to help maintain an environment that encourages learning.

What it takes to be successful in Health/PE class:

1. Make responsible choices and decisions.
2. Come to class prepared and ready to work.
3. Have a positive attitude about what you are doing.
4. Keep an open mind.

5. Take care of business!

Grading

A 90-100

B 89-80

C 79-70

D 69-64

F 63 or below

I Incomplete

Health Education Grades:

Tests	60%
Daily Grades/part., projects,	
Health Notebook	40%
Total	100%
Final Exam	20%

PE Grades:

Participation/ Dressing	50%
Physical Fitness Assessment/	
Tests	50%
Total	100%
Final Exam	20%

Daily Grades/Dressing

Participation in class activities, wearing proper attire for physical activity.

Tests

There will be eight tests throughout the semester. (subject to change) All tests will be announced and will be from material covered in class.

Final Exam

Comprehensive final worth 20% of your grade.

Health

All work will be placed in your notebook which will be graded periodically.

(All students are required to have a 3 ring NB with 3 dividers for class)

Sections needed in Health NB:

Bellringers

Notes

Handouts

Late Assignments

Late assignments are automatically half off. Assignments are considered late if they are not handed in when I collect them from others in the class. If you are not here, you are the one who needs to check and see if we took anything up.

Behavior Management Policies

As young adults, you are expected to make good, responsible choices at all times at ACHS, including in health and physical education. Failure to do so will result in disciplinary action.

1st Incident-Loss of Daily Grade points

2nd Incident-Contact Parents

3rd Incident-Referral

Note: Any steps can be skipped as a result of severe behavior offenses.

Expectations

Bullying

Tardies

Bathroom

Cheating

Course Outline Topics that will be covered

Leading a Healthy Life

Skills for a Healthy Life

Nutrition for Life/Eating Disorders

Alcohol

Tobacco

Drug/ Medicines and Illegal Drugs

Preventing Infectious Diseases

Risk of Adolescent Sexual Activity/ HIV AIDS

Class Procedures

-Go to your assigned seat immediately (gym/classroom). Start your bellringer.

Attendance will be taken

-You will have five minutes to change clothes and return to your seat in PE.

-Activities will begin for the day

-You will be given five minutes before the bell rings to change clothes.

*****IF YOU ARE GOING TO BRING VALUABLES TO P.E. CLASS YOU MUST BRING A LOCK TO LOCK THEM UP. WE ARE NOT RESPONSIBLE FOR ITEMS TAKEN FROM THE LOCKER ROOM.*****