

**School Year**: 2017-2018

**Instructor:** Coach DuBois

**Email:** mdubois@paradiseschools.org

**Phone:** 623-455-7428

**Office Hours**: 2:30-3:30 Tuesday/Thursday

**7031**

**Lifetime Wellness 1 Credit**

**Grades 10, 11, 12**

This course is designed to give a broad overview of health, nutrition, sports medicine,fitness and wellness.  Students will explore personal fitness and wellness attitudes and beliefs as well as individual fitness levels and health behaviors.  Some topics ***may*** include but are not limited to; fitness training, yoga, stress management, & healthy eating.

**Key Standards:**

**S1.C1.PO 1**. Predict how healthy behaviors can affect health status

**S1.C2.PO 1**. Describe the interrelationships of emotional, intellectual, physical, and social health.

**S1.C3.PO2**. Evaluate the impact of food and nutrition, including nutrient deficiencies on health.

**S1.C3.PO3**. Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention.

**S1.C4.PO1**. Propose ways to reduce or prevent injuries and health problems.

**S1.C6.PO1**. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

**S1.C6.PO2**. Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.

**S1.C6.PO3**. Analyze the potential severity of injury or illness if engaging in unhealthy behaviors/

**S2.C1.PO5**. Evaluate the effect of media on personal and family health.

**S2.C1.PO6**. Evaluate the impact of technology on personal, family, and community health.

**S4.C1.PO1**. Utilize skills for communicating effectively with family, peers, and others to enhance health.

**S4.C2.PO1.** Evaluate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

**S5.C2.PO5.** Defend the healthy choice when making decisions.

**S5.C2.PO6**. Evaluate the effectiveness of health-related decisions.

**PE Standards:**

**S3.H2.L2**. Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle.

**S3.H13.L1.** Creates a meal plan that demonstrates understanding of the impact of nutrition on the effect of each phase of exercise (e.g. pre, during and post-activity).

**S3.H14.L1.** Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

**S2.H14.L2.** Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

**Activities:** Lifetime wellness will cover a variety of health related topics. These topics may include, health, nutrition, prevention of injuries, stress management, yoga, etc. Students will be doing class assignments and projects in this class. Projects may include; a nutrition and exercise plan for an athlete, tracking their own nutrition and exercise using technology and projects on injuries. Lifetime wellness should be treated as any other class, as there will be quizzes/tests/exams in this class. On Friday’s the class will participate in yoga, in the gym. Yoga is a great way to decompress and alleviate any stress. Students will be asked to either wear comfortable clothes (within the school dress code) or to change out for yoga days. If a student still has their PE uniform, that will be perfect for changing out.

**Absences:** If a student is absent, please see Coach DuBois for make-up work and what was missed during the absence(s). Coach DuBois will follow the PHHS policy on late work and absences.

**Class Rules:**

* Come into class and begin bell work.
* Listen while Coach DuBois is speaking/teaching.
* No Food (including gum) or drink (water only) in the classroom.
* No bad language (swear words, derogatory remarks, etc.).
* Turn in all work on time, unless absent.
* Do NOT use the computers UNLESS we are using them for a lesson.
* Cell phones must be turned off and in the students’ backpacks unless we are using them in class.
* Students MUST be in dress code when changing out for yoga days.

**Discipline:** Coach DuBois will follow the PHHS discipline plan.

**Lowered Grade/ Losing points:** Students will be subject to a lowered grade in the following circumstances:

* Work that is not made up from an absence(s).
* No/low participation.
* Having late or missing class work & assignments.
* Low scores on summative assessments/projects.

**Make-Up Points:** There will be no way to make up end of unit summative scores. Students are required to be responsible for all class work and concepts covered prior to final assessments and to make sure they are prepared through studying for all assessments. Coach DuBois will be available on Tuesdays and Thursdays after school to help any students.

All daily work is required to be complete and turned in on time***. Any late work will be graded per PHHS late work policy.***

**Grade Scale:** All grades are based on a grading scale designed by PHHS.

* 60% = Summative Assessments
* 25% = Formative Assessments
* 15% = FINAL

**Class Schedule:**

Bell work 5 min

Standards & Daily Objectives 3 min

Instruction/Activity 35min

Closure 5 min

**Materials Needed:**

* Pens/Pencils
* Folder or small binder
* Notebook/lined paper
* PHHS PE uniform or comfortable/dress code acceptable clothes (Fridays)
* Athletic Shoes (Fridays)
* Yoga mat (optional. We will provide some but if student wants to use their own, we have a place to store them).

**Schoology:** Students will create and maintain a Schoology account. This account will be used on a regular basis. It is the responsibility of the student to check Schoology for notes and classwork if they are absent. Students should turn in work when they return to class and not wait until they return to ask for work. Students can also contact me through Schoology.

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**Parents/Guardians please fill the needed information, sign and have your child return the bottom portion to Coach DuBois. Thank you!**

Parents/Guardian:

Students Name:

Home # Work # Cell#

Email:

**Childs Limitations:**

I’ve read and understand the general information provided by the Physical Education Department, if you have any questions or concerns please let me know.

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Parent/Guardian Signature

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Student Signature

ADD SCHOOLOGY PAPER TO SIGN ALSO