**Physical Wellness**

**And Health**

**Instructor:** Amy Bishop

**Phone:** (616) 786-1043

**Email:** [bishopa@westottawa.net](mailto:bishopa@westottawa.net)

**Instructor Availability:** 30 minutes prior to the start of school each day; also available after school Monday-Friday by appointment.

**Course Description:**

Physical Wellness/Health will provide students with the knowledge, skills, fitness, and attitude necessary to lead a healthy lifestyle. This class will support making good choices to improve health, maintain fitness, and prevent disease.

**Health Topics:**

* **Nutrition, Weight Control, and Fitness**
  + USDA Food Guide Pyramid/MyPlate
  + Essential Nutrients
  + Physical Activity
* **High Risk Behaviors**
  + Tobacco
  + Alcohol
  + Drugs
* **Reproductive Health**
  + Puberty
  + Male and female reproductive system
  + Conception and fetal development
* **HIV/AIDS and other STD’s** 
  + Causes
  + Symptoms
  + Effects
  + Treatment
  + Prevention

**Physical Wellness Activities:**

**\*Activities in this course may include, but are not limited to the following:**

|  |  |
| --- | --- |
| Soccer | Swimming |
| Tennis | Fitness Gram |
| Volleyball | Fitness/Weightlifting |
| Lacrosse | Basketball |

**Rules/Expectations:**

1. Be in your assigned squad ready for class when the tardy bell rings.
2. Participate in class for the entire period.
3. Turn in assignments on time.
4. Positive Attitude/Behavior: Students must exhibit a positive attitude and good behavior every day

* Respect for teacher, classmates, and self is required.
* Bullying, abuse, and harassment will NOT be tolerated!
* Students must show good character and act appropriately at all times to receive full credit.

1. If a student was absent it is **their** responsibility to find out what was missed.
2. Bring notebook and pen/pencil to every class.
3. Dress out: Students are expected to dress out in appropriate clothing unless in the health classroom.

* **Appropriate clothing: tennis shoes, shorts, athletic pants, t-shirts, sweat shirt. *\*School dress code will remain in effect***
* Students must supply **their own lock** for their gym locker. Students are responsible for the security of clothes and valuables left in the locker room.

**Grading:** You will be graded on the following components:

1. Class participation (30%)

* Students obtain a point value for each class period. Between 0 and 5 points are earned based on the following components:
  + The student comes to class prepared and on time.
  + The student was an active and motivated participant.
  + The student listened and followed directions and rules.
  + The student demonstrated a cooperative attitude.
  + The student completed all assignments and/or expectations.

1. Test/Quizzes and Written Work/Projects (70%)

* Test and/or quizzes are usually given for each activity unit and health topic. Students who are absent on the day of a test/quiz are expected to make-up the test within two days of returning to school.

**Attendance/Make-up Work:**

An excused absence must be made up with a make-up assignment. This will either be a 30-minute workout prior to school or after school with a scheduled teacher monitor or by completing a written assignment provided by the teacher.

**Health Textbook/Resources:**

There is no text for this class. Materials used are handouts and student notes. The Parent Advisory Committee and West Ottawa Board of Education approve all materials used in Health.