**Physical Wellness**

**And Health**

**Instructor:** Amy Bishop

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**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:**

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| --- | --- |
| 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.