

## Wellness and Physical Education Syllabus

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### Class Description and Objectives:

Lifetime Wellness/ Physical Education is a comprehensive approach to health and lifetime physical activities in Tennessee high schools. This approach to total wellness encompasses the physical, mental, social, and personal needs of the individual. Health & Wellness is a course based on Tennessee's Academic Standards for Health & Wellness. It provides the basis to help students attain and maintain healthy lifelong behaviors. Health & Wellness Education contributes directly to a student's ability to successfully practice behaviors that protect and promote health and avoid or reduce health risks.

### Requirements and supplies for class:

- **GYM SHOES ONLY!!! NO BOOTS, Sandals, or other shoes.** Your final grade will be deducted at the end of the 9 weeks 1 point for each day without proper attire.
- Chromebook
- Full participation for full credit

### Rules and Regulations (This is in addition to school rules which also apply):

- R.O.A.R
- No gum, food, or drinks in the Gym during class or during lunch
- No cell phones- if you have a phone out in class, you will lose a point for the day and an office referral for defiance. (Place cell phones in your individual pocket space before the bell rings to ensure no issues)

### Classroom Grading

- Classroom Assignments: 40%
- Assessments: Test/Quizzes/ Projects: 30%

\*There will be one project per nine-weeks. The projects will consist of two health projects and two physical education projects. Two of the projects will be your Midterm and Final.

### Gym Grading:

- Gym attire
- Participation 100% during activities (Deductions will be taken for only walking the 50 minutes)
- Notebook collection log of activities, steps, stretches and rules of the game.

\*Can you participate in the gym without proper shoes? Yes, but you must go barefoot and points will be deducted off your total grade for each day.

\*Full participation is required each day. If you have a dr. note, you will be excused.

\* There will be no "sitting out" during gym class. You must participate in the activities.