

Lifetime Wellness:

Instructors:

Location: Lecture Hall/ Lower Gym

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Course Description:

Lifetime Wellness is a holistic approach to health and lifetime physical activities in Tennessee high schools. This approach to total wellness encompasses the physical, mental, social, and emotional well-being of the individual. The content of the course includes seven standards: Disease Prevention and Control, Nutrition, Substance Use and Abuse, Mental/Emotional/Social Health, Sexuality and Family Life, Safety and First Aid and Personal Fitness. Each content area is addressed in a classroom and/or physical activity setting. Personal fitness and nutrition will be emphasized and integrated throughout the course. Students are provided opportunities to explore how content areas are interrelated. Students acquire knowledge and skills necessary to make informed decisions regarding their health and well-being throughout their lifetime.

Tennessee 9-12 Lifetime Wellness Standards:

Disease Prevention and Control : The student will identify the causes, signs and symptoms, treatments and prevention of communicable and non-communicable diseases related to total wellness and health maintenance.

Mental, Emotional and Social Health: The student will acquire the knowledge and skills necessary to make informed decisions regarding their mental, emotional and social well-being.

Nutrition: The student will assess the effects of nutritional choices and incorporate strategies that contribute to an improved quality of life.

Personal Fitness: The student will acquire the knowledge and skills necessary to achieve and maintain a health enhancing level of personal fitness.

Safety and First-Aid: The student will acquire the knowledge and skills necessary to recognize, respond and apply appropriate procedures to accidental and life-threatening situations.

Sexuality and Family Life: The student will examine human sexuality (e.g., biology, behavior, responsibilities, attitudes) and recognize the influence of society and family values on decision making.

Substance Use and Abuse: The student will differentiate appropriate and inappropriate use of chemical substances.

Course Materials:

1) Physical Activity Clothing

- All students will need to wear appropriate fitness attire to exercise in.
- T-Shirt or Sweatshirt
- Appropriate Length Shorts or Sweatpants
- Always be prepared to GO OUTSIDE!!

2) Tennis Shoes and Socks

- ALL shoes must be tennis shoes and shoes can **NOT** have the backs missing.
- ALL shoes **MUST** have shoelaces and they **MUST** be tied tightly during P.E. class.
- Socks are a health necessity as they protect students from germs.

3) Glencoe Health Textbook

- Will be issued to students and expected to be brought on Lecture Hall Days.
- Cost of \$66 to replace if lost/ damaged.

POSSIBLE Physical Activities

- 1) Fitness Testing (Pre and Post Testing-Mile Run/Pacer, Push-up, Sit and Reach, Curl Up, Jump Rope)
- 2) Wellness Walking
- 3) Weight Lifting (in Field House)
- 4) Fitness (Fitness Stations, Interval Training, Insanity, T25, P90X, Hard Core, etc)
- 5) Cardiovascular Fitness Games (Ultimate Kickball, Capture the Cone, Yoshi, etc, Noodle Fencing)
- 6) Basketball (Dribbling, Passing, Shooting, Overall Play)
- 7) Soccer (Dribbling, Passing, Shooting, Overall Play)
- 8) Wiffleball/ Softball (Throwing, Catching, Fielding, Hitting, Overall Play)
- 9) Kickball (Kicking, Throwing, Fitness, Overall Play)

- 10) Ultimate Frisbee/ Ultimate Football (Passing, Catching, Overall Play)
- 11) Volleyball (Bumping/Passing, Setting, Serving, Overall Play)
- 12) Team Handball (Dribbling, Passing, Catching, Overall Play)
- 13) Tennis (Serving, Strokes, Agility, Overall Play)

Classroom Course Outline/Unit (tentative order:)

- 1) Disease Prevention and Control
- 2) Mental, Emotional, and Social Health
- 3) Nutrition
- 4) Personal Fitness
- 5) Safety and First Aid
- 6) Sexuality and Family Life
- 7) Substance Use and Abuse

Class Routines, and Procedures (May also vary depending on activity/ location)

- 1) **M, TU, W:** Students will meet in the Lecture Hall for classroom activities
- 2) **W:** Students will participate in “Wellness Walking Wednesday” after Wednesday test/ quiz is given.
- 3) **TH, F:** Students will meet in Lower Gym Classrooms (according to teacher) for physical activity classes. Students will be expected to come to the classroom for attendance and then be dismissed to the locker rooms to change clothes for physical activity.

Evaluation Procedures:

Timely completion of assignments and projects, prompt attendance, participation in class activities and discussions, and the tested ability to apply learned knowledge to common-life experiences and college preparatory assessments will weigh toward the grade. _____

Grading:

All students will have multiple opportunities to show growth towards proficiency. All scores will be determined through adequate demonstration of knowledge in reference to the *Tennessee State Standards* and Essential Learning Goals.

Each student's grade will be determined from the following scale and criteria:

A = 93% - 100%

B = 85% – 92%

C = 75% - 84%

D= 70%-74%

F = 0% – 69%

1. **Tests:** 40% of overall grade
2. **Homework:** 40% of overall grade
3. **Effort/ Participation in Physical Activity:** 20% of overall grade

Effort/Participation Grading Criteria:

- **Dressing Out/ Prepared for Class:** Students will need to be ready to exercise for P.E. class. Therefore, dressing out for each class is mandatory. Students will be graded on being dressed out AND having proper footwear and socks on.
- **Participation:** Students participate in all activities (warm-up, activity, and cool-down.) If you cannot participate due to health reasons, you will need confirmation from a **doctor**. If a student is absent, the student must make up the absence in order to receive credit for the missed activity. 1 makeup = 1 absence. Make-Up activities will be given at the discretion of the teacher.
- **Effort:** Students give their best effort in all activities.

Attendance:

Attendance is an important part of student success and therefore it is important that students make every effort to attend and actively participate in every class period. The THS attendance policy will be upheld in this class. A detailed description of the attendance policy can be found in the Student Handbook and website. Students are expected to be on time and in class every day.

Plagiarism, Academic Dishonesty, & Cheating:

Any of the following situations can be considered as cheating or scholastic dishonesty:

- 1) Sharing and copying homework and/or classwork. Copying another student's test.
- 2) Plagiarism of research sources (blatant or subtle). Plagiarism is using another's ideas as your own without proper citation for example copying word for word something from the internet without proper citation.

When a student is considered to be cheating:

- A student will receive a zero on the assignment/test
- Repeated offenses result in parent phone call home and/or conference with administration for further consequences

LIFETIME WELLNESS Contract:

I have **READ, FULLY UNDERSTAND, AND AGREE TO** the attendance, grading policies, and expectations for Lifetime Wellness at Tullahoma High School. This contract needs to be signed and returned. Students will receive full credit points for returning the contract by _____. Students will receive a "0/10" if the signed contract is not returned.

Student Name (Please Print)

Student Signature

Parent Signature

Phone: _____