



Lifetime Wellness Syllabus

Teacher Name: Nicholas Campbell **Email address:** ncampbell@gcboe.us

Classroom Rules and Expectations/Discipline Policy:

- All students must abide by the student handbook at all times.
- No cell phones or headphones on during class lecture & work time.
- Disrespect & disruptive behavior will not be tolerated.
- Be in the classroom when the bell rings or you will be written up for tardies.

Grading Policy:

- Daily Assignments will consist of participation, worksheets, and book work.
- *I do not assign homework, all students have plenty of time to finish work in class.*
- Thursdays and/or Fridays will consist of Vocabulary Tests and/or Chapter Tests.
- If a student refuses to do any work, he or she will receive a zero.

Make-up Work Policy:

- All work will be posted on Google Classroom or paper copies from the teacher.
- It is the students' responsibility to make sure they do make-up work when they are absent.

Instructional Materials: Health Textbook, Online Textbook, School issued Chromebook.

Classroom Supply List: Students will be required to have a pencil/pen, notebook, and their school issued chromebook. (Tennis shoes and gym clothes for the days for the Pacer Test).

Standards Covered [Tennessee Health Education & Lifetime Wellness Standards](#)

Complete the Fitnessgram Pacer test

Course Calendar:

Introductions, classroom management, etc.

Nutrition - Food & Nutrition

Nutrition - Digestion & Excretion

Mental Health - Personality, Self-Esteem, & Emotions
Mental Health - Managing Stress
Mental Health - Mental Disorders & Suicide Prevention
Social Health - Family Relationships
Social Health - Building Healthy Peer Relationships
Social Health - Preventing Violence
Preventing Disease - Infectious Diseases
Preventing Disease - STI's & AIDS
Human Development - Reproduction & Heredity
Human Development - Pregnancy, Birth, & Childhood
Substance Abuse - Alcohol
Substance Abuse - Tobacco products & Vaping
Physical Fitness

Please PRINT the appropriate name(s) for each blank below and then sign the bottom.

I, _____, have read and understand the expectations of this class. My parent(s) and/or guardian(s), _____, have read and understand the expectations of Coach Campbell's class.

Student Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

*(If the student returns this form signed by **Friday, August 9th**, they will receive an extra 100 added to their daily grades).*