



Lifetime Wellness

Syllabus 2026-2027

Teacher Name: Dustin Hill

Email address: dhill@gcboe.us

Teacher Schedule:

1st Block	8:00-9:20	Drivers Ed
2nd Block	9:25-10:05	Plan
3rd Block	10:10-11:30	PE
4th Block	11:35-1:30	Drivers Ed
5th Block	1:35-2:45	Wellness

Classroom Rules and Expectations/Discipline Policy:

The student must abide by the student handbook and board policy at all times.

Be respectful to the environment surrounding and all Gym equipment

No food, drinks, candy or gum allowed

No cell phones.

No headphones.

Be on time.

Grading Policy:

In Lifetime Wellness students will be graded in the following areas.

Participation & Effort, Sportsmanship & Cooperation, Attitude & Behavior, and

Classroom Notes, Tests, Vocabulary, and Quizzes.

All grades will be weighted the same with the exception of the final, which is 15% of the final grade.

Make-up Work Policy:

Per Board Policy

It is the students responsibility to schedule make-up time with the teacher.

Instructional Materials:

*(Giles County High School) will make instructional materials available for review within 10 days of a written parental request.

Classroom Supply List:**Classroom**

Notebook

Dressing Out

A change of clothing must be worn. You will not be able to wear your school clothes (shirt or pants). You must wear a t-shirt (with sleeves) or sweatshirt, shorts (no shorter than 4 inches above the knee), wind pants or sweatpants (no jeans, ragged or torn clothing) and tennis shoes. You must adhere to school dress code. Shorts must be an appropriate length. Shirts must be long enough to tuck in and cover the mid section. **No Dress or not properly dressed will result in a decrease in your grade or a zero for the day.**

Major Assignments and Field Trips (if applicable): N/A**Standards/Topics Covered & Course Calendar:**

<https://www.tn.gov/content/dam/tn/education/standards/pe/Lifetime-Wellness-Standards.pdf>

Complete the Fitnessgram Pacer test

Lifetime Wellness is required by the State of TN for all students to graduate. The course promotes a healthy, active lifestyle. The curriculum includes: disease prevention, nutrition, personal fitness, safety and first aid, sexuality and family life, substance use and abuse, and mental, emotional and social health. The course will include time spent in the classroom and the gym.

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____