



Welcome to Cosby High School Lifetime Wellness

Coach Kurry Cody

Assistant and JV Boys Basketball Coach

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Lifetime Wellness is a **holistic approach to health and lifetime physical activities**. This approach to total wellness encompasses the physical, mental, social, and emotional well-being of the individual. Some topics we will cover are: Disease Prevention and Control, Nutrition, Substance Use and Abuse, Mental/Emotional/Social Health, Family Life, Safety and First Aid and Personal Fitness.

Rules

- Do your best, it will pay off in the long run.
- Arrive on time for class.
- Always have pencil/pen and paper handy.
- Raise your hand to speak or volunteer.
- Follow the dress code of the school.
- Do not cheat or copy other people's work.
- Complete all assignments.
- Listen to the teacher when being spoken to and answer your question
- Respect everyone in the class.

Cell Phone Policy

Be reasonable and respectful with your phone. You should not have your phone out during instruction or when working on an assignment. When we have a bathroom break or when you are finished with your assignments, you may be on your phone, but do not let it distract other students.

Google Classroom

We will be using Google Classroom for half of the assignments in this class; therefore, bringing your Google Chromebook to class is extremely important. Students will be typing responses to questions and/or specific writing assignments.



Written Assignments

Students will be doing written assignments using a pencil/pen as well. Please be prepared by having a pencil, pen, and paper every day.

Unit Exams

Student will be tested after every unit we cover in the *Pearson Health* textbook. We will cover the unit using a multitude of preparation techniques such as using a note-taking guide, study-guides, Kahoot study guide, etc.

Final Exam

Students will take a final exam at the end of the semester. Date TBA. If a student misses less than 3 days of class for the entire semester, they are exempt from the final exam. If you miss more than 3 days, you are required to take the final exam. The exam will be cumulative, but not extensive. Students will be prepared with a study guide of what units and information the exam will cover.

Group Project

Students will conduct a group project during the semester. More details and information will be provided in the future.

Physical Activity

I believe that a significant aspect of learning about Lifetime Wellness is being physically active. As a class we will attempt to do some sort of physical activity everyday. This could include walking around the campus, going to the outside playground down the steps, football field, etc.

Grades

All student grades will be located in ASPEN. Please be patient as some the grades may not be put in at the time you view the gradebook. I will do my best to keep the gradebook as updated as possible. Here are the grade percentages:

- Google Classroom Assignments (30%)
- Note-Taking Guide Worksheets (30%)
- Unit Exams (15%)
- Group Project (15%)
- Final Exam (10%)



The Google Classroom Assignments and the Note-Taking Guide Worksheets will be done during class. As you can see, they are a HUGE portion of your final grade. It is imperative that you do your best to complete these assignments every day in class.

Units/Chapters

Chapter 1 - Making Healthy Decisions

Chapter 2- Personality, Self-Esteem, and Emotions

Chapter 3 - Managing Stress

Chapter 4 - Mental Disorders and Suicide

Chapter 5 - Family Relationships

Chapter 6 -Building Healthy Peer Relationships

Chapter 8 - Food Nutrition

Chapter 13 - Exercise and Lifelong Fitness

Chapter 14 - Personal Care

Chapter 17 - Preventing Drug Abuse

Chapter 26 - Preventing Injuries

*All chapters are subjected to change, along with new chapters may be introduced.