

Franklin County High School Physical Education Department

Course Title: Lifetime Wellness

Teacher: Coach Ethan Harmon

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Coaches office hours - 8:00 - 3:00

Course Description:

Wellness Education is designed to educate the individual on the understanding of the mind and the body in relationship to one's environment. A variety of learning experiences are provided to influence knowledge, attitudes, and personal goals toward the application of safety practices and health decisions.

Course Objectives:

Upon the completion of this course, the student will be able to:

1. Develop behavior favorable to a healthful quality of life within their family and community.
2. Develop desirable attitudes and behaviors based on scientific knowledge.
3. Develop an understanding concerning personal and public health matters.
4. Develop an understanding of how your personal decisions affect your health and what those decisions can cause to happen to your health.
5. Acquire safety and first aid skills.

Grading Procedure:

Physical Fitness Participation - 20%, Notebook - 20%, Unit Tests - 20%, Class Projects (Wellness Commercial, Poster Display, etc.), Current Health Events - 20%, Final Exam and Pacer Test– 20%

Class Procedures:

1. Be in your seat ready to begin class when the tardy bell rings.
2. Be courteous to others.
3. Keep hands, feet, and objects to yourself.
4. Complete all assignments.
5. Have your chrome book/notebook and note taking materials with you every day.
6. Follow directions the first time.
7. Do not write on or in any way deface the desks or textbooks.
8. No food, drink, or chewing gum will be permitted in class. Cell phones are not allowed in class unless approved by the teacher for that activity.
9. If you are absent from class, you are responsible for making up the work/test missed upon returning to school. It is your responsibility to see the teacher to make up what you missed. You will have one day to make up work for each day you are absent.
10. **DO UNTO OTHERS AS YOU WOULD HAVE THEM TO DO UNTO YOU**