**2017-2018 Syllabus: Healthful Living**

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Description: This course is designed to promote student learning with regard to health issues that affect their immediate and long-term health. Maintaining a healthy way of living requires a balance of physical, mental-emotional and social well-being. Physical education is an important part of the total educational program. Students will participate in physical activities that allow them to develop an understanding of their physical abilities. Students become aware of the social benefits of physical activity through participation. The mental and emotional benefits of physical activity become evident when an active role in physical activity is encouraged.

Course Outline: This course is comprised of Physical Education units and Health units. These include, but are not limited to, the following:

**Health Units**

1. Understanding Your Health 11. Medicines and Drugs
2. Health Skills: The Foundation 12. Tobacco
3. Being a Healthy Consumer 13. Alcohol
4. Mental and Emotional Health 14. Personal Care
5. Promoting Social Health 15. Your Body Systems
6. Relationships: The Teen Years 16. Growth and Development
7. Conflict Resolution 17. Communicable Diseases
8. Nutrition for Health 18. Non-communicable Diseases
9. Physical Activity and Fitness 19. Safety and Emergencies
10. Your Body Image 20. Environmental Health

**Physical Education Units**

1. Fitness Testing
2. Volleyball
3. Basketball
4. Ping Pong
5. Weight Training/Agility/Walk/Run
6. Soccer
7. Wiffleball
8. Exploring other Sports!

Grading Scale/Breakdown:

|  |  |  |  |
| --- | --- | --- | --- |
| 50%  30% | Participation  Test/Quizzes | 90-100% | A |
| 15% | Class work | 80%-89% | B |
| 5% | Homework | 70%-79% | C |
|  |  | 60-69% | D |
|  |  | 0-59% | F |

\*Students are required to participate in class. Students will not be graded on their sports abilities, but on their participation and willingness to engage in these activities. A good attitude and respect for fellow students is expected.

Academic Integrity: Plagiarism and cheating are prohibited at Hopewell Academy. Lying to a school official or misrepresenting your actions is prohibited. Teachers will educate students about the policy and its implications on their future as students at Hopewell Academy. Students should protect the integrity of their own efforts and encourage others to do the same. Plagiarism, cheating, or copying of any kind is not permitted. **All instances will require a parent conference.**

Late Work: Students are expected to turn all work in **on time**. Students who turn in work one day after the original due date will receive no more than half credit on the assignment. Students who attempt to turn in work more than one day late will receive no credit. Exceptions due to excused absences or other extenuating circumstances can be made on a case-by-case basis and at the discretion of Hopewell Academy Faculty.

Make Up Work: As per the Hopewell Academy Student and Parent Handbook, students with excused absences have one day for each day they are absent to make up the work. Students are responsible for checking teacher websites or meeting with their teachers to gather any work that they have missed. After the allowed make-up days, the standard late work policy takes effect.