

## Wellness Course Syllabus

**Course Title:** Wellness

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**Textbooks:** Health: A Guide to Wellness  
Knox County I-book  
I-pad, apps, websites, and videos

**Course Description:** Wellness is a 2-phase course. Phase 1 - classroom: covering five (5)-modules on, health, nutrition and fitness, first-aid and safety, sexuality and family life, and Substance use and abuse. Phase 2 - physical activities, where students will dress out and learn and preform activities to ensure a active and fit life. **All classes will meet everyday in the classroom**

### Phase-1 – Classroom (Tuesday and Thursday)

**Module 1 – Mental, Emotional, and Social Health:** All students will acquire the knowledge and skills necessary to make informed decisions regarding their mental, emotional and social well being. They will also be able to identify the causes, signs and symptoms, treatments and prevention of communicable and non-communicable diseases related to the total wellness and health maintenance.

**Module 2 – Fitness and Nutrition:** All students will assess the effects of nutritional choices and incorporate strategies that contribute to an improved quality of life. The students will acquire the knowledge and skills necessary to achieve and maintain a health enhancing level of personal fitness.

**Module 3 – Safety and First-Aid:** All students will acquire the knowledge and skill necessary to recognize, respond, and apply appropriate procedures to accidental and life-threatening situations.

**Module 4 – Sexuality and Family Life:** Students will examine human sexuality (e.g., biology, behavior, responsibilities, attitudes) and recognize the influence of society and family values on decision-making.

**Module 5 – Substance Use and Abuse:** The students will differentiate, appropriate and inappropriate use of chemical substances.

**Note:** The class may not follow the order of these modules as listed, but all modules will be covered.

### Phase-2 – Monday, Wednesday, and Friday

**Physical Activity** – Students will go to the gym or outside three (3) days each week. They must dress out and participate in all fitness, sports, and games.

**What you can wear** – Everyone must be dressed in:

**T-Shirt** – it must have sleeves – NO tank tops or spaghetti straps

**Shorts or Workout Pants** – Knox County School dress code approved

**Gym Shoes** – your shoes must be laced up - **NO SANDALS, NO BOOTS or SLIP-ONS**, they must tie or Velcro.

**We will be going out side, so bring sunscreen, hat or sunglasses if you need them.**

**Daily participation grade for physical activity will be broken into four (4) parts. Dressing Out – 25%, Stretching/Exercise – 25%, Activity – 40%, Cool Down – 10%**

**Student valuables - We have a box for student valuables (money, phones, I-pads, jewelry, etc.). The box will be locked in the storage room during class.**

**Fees:** Knox County Schools charges a fee of \$10.00 per student to take wellness. This money helps to cover the cost of equipment. This fee could increase at anytime.

**Supplies:** Students will need a three (3) clip / two (2) pocket folder, paper and at least two (2) pens or pencils (pencils would be better). This, along with their books should be brought to class everyday.

**Grading Scale:** We will be using the Knox County Scale

A	93-100%	
B	85-92%	
C	75-84%	
D	70-74%	
F	0-69%	
X	No Credit	Excessive Absences

**Class Rules:**

- Students will be on time for class. Class will meet everyday in the classroom.
- While in the hallway, be quiet and no horseplay. We don't want anyone hurt.
- Be respectful to other students in the class.
- Makes sure you bring your folder, something to write with and/or your gym clothes everyday.
- Don't use profanity in class.
- No Food, No Drink, and No Gum in the class or gym, unless your teacher tells you otherwise.
- **NO CLIMBING on the BLEACHERS and NO HORSEPLAY in the GYM**

**Attendance Policy:** We will be following the Knox County School Attendance Policy.

If a student is less than fifteen (15) minutes late to class they will be marked Tardy. After fifteen (15) minutes the student will be marked as absent.

**Audio / Visual Policy:** We will follow the Knox County school Audio / Visual Policy in the class. The Knox County wellness program has approved all material.

**Personal Electronic Equipment Policy:** We follow the Knox County School Policy

- 1) First offense: return collected items to parent/guardians
- 2) Second offense: minimum suspension of two (2) days (forfeiture of communication devices)
- 3) Third offense: minimum suspension of two (2) days (forfeiture of communication devices)
- 4) Continuation of suspension process with parental meetings upon readmission to school