

# COACH ABLES' HEALTH SYLLABUS

Welcome to Health! This class is awesome, and you are going to love this class! Why?!? Because this class is about YOU! You will learn so many new things about yourself that you will be amazed, so let's begin...

## Class Description-

Health class is a one semester course that is will give you high school credit ***but is not required for graduation***. We will cover health and your wellness, which will include physical, mental and emotional health; health and your body, which will include fitness, nutrition and weight management; personal care and body systems, which will include healthy behaviors along with the skeletal, muscular, nervous, cardiovascular, respiratory, endocrine, and reproductive systems; drugs, which will include medications, illegal drugs, alcohol, and tobacco; diseases and disorders, which will include infectious and lifestyle diseases; and personal safety, which will include internet safety, texting and sexting, cyberbullying and relationship violence.

## Class Teaching Objective...

The teacher will create a positive learning environment and an interactive calm classroom atmosphere in order to create a comfortable area in which to learn and discuss some potentially uncomfortable subject areas and/or topics.

## Class Requirements-

Since the course will consist of classroom days and some activity days, you will have to have the appropriate materials to participate in both environments.

***Classroom days will require a writing utensil (pen/pencil) and a 100 sheet spiral notebook.*** Poster boards will be needed throughout the semester, but will be given notice in advance.

Activity days will be known in advance and will require the appropriate clothes for active participation and tennis shoes.

## Expectations for Health-

- Be on time, on task, and prepared to learn EVERYDAY. Tardies will be handled according to policy.
- Respect the teacher, the classroom, other students, and yourself.
- Be responsible for your own learning.
- Clean up after yourself and your peers.
- You will dress appropriately and will need the appropriate footwear on activity days. Tennis shoes are to be worn on these days.
- You are allowed to bring healthy snacks, but water is the only drink allowed in class.

## Grading Policy-

You will be graded in three areas. These areas are:

Daily Work (50%)-this will consist of classwork and homework.

Participation (10%)-this can be in the classroom as well as on activity days. You may receive **one participation grade per week.**

Tests/Projects/Quizzes (40%)-this will come from unit tests, lesson or unit quizzes, and projects. ***You will have a Fitness Test every month to self-assess your level of physical health based on the mile test, push up test in a minute, and sit up test in a minute.***

You will also have a cumulative semester exam that is worth a major grade. You and your parents may check the progress of your grades through the Parent Portal on the SMCISD website-www.smcisd.net.

You are responsible for make-up work when absent. You need to ask for missed work the day you return.

**Again, I am excited to have you in Health! Have a great year!**

*"What I do today is important because I am exchanging a day of my life for it."*

*-by Dr. Heartsill Wilson*

***If you don't take care of your body, where will you live for the rest of your life?***

*~ Mike of Mundelein IL.*

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I have read and understand the policies and procedures of Coach Ables' Health class.

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Student Signature \_\_\_\_\_  
Date \_\_\_\_\_

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Parent Signature \_\_\_\_\_  
Date \_\_\_\_\_

Contact Information(Please Print):

Student Name: \_\_\_\_\_

Name (Parent/Guardian): \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

List any current health concerns we need to be aware of:

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Please sign this page acknowledging that you understand the policies and procedures of Coach Ables' Health class. Please keep the syllabus for your reference, and turn in the signed information portion of this packet. Parents, if you have any questions, please feel free to contact me by phone, email, or conference. Thank you!

[Leslie.ables@smcisd.net](mailto:Leslie.ables@smcisd.net)