

# **Course Syllabus**

## **Health and Physical Education**

### **Instructor: Mr. John Thomas**

### **2020-2021**

**Course Objective:** This course is designed to promote lifetime sports, fitness and leisure activities. Students will examine the lifelong benefits of exercising, healthy eating, and sports that will benefit their ability to live a healthier and more fulfilling life. Students will also assess the correlation of diets and heart disease. Students will discuss preventative measures to offset high risk behaviors whether it be drugs, alcohol, tobacco, or sustaining from high risk behaviors. Additionally, students will learn to employ methods to utilize refusal skills that may present life threatening risks due to conformity.

#### **Class Expectations:**

- Students are expected to respect the educational process which entails respecting teachers, themselves, and the entire school community.
- Every student is expected to be activity engaged and participated in individual as well as group presentations.
- Students are expected to report to class on time responding and being receptive to all classroom assignments.
- Each student is expected to make a personal contribution and understand that they too are helping to educate the class as a whole.
- Every student is expected to bring working material which include paper, pencils, pens, and notebooks.
- Every student is expected to have a great time creating a positive learning experience that will empower our total school community.
- Any form of bullying is unacceptable and will be addressed accordingly.

#### **Grading Scale:**

A= 90 - 100

B= 89 - 80

C= 79 - 70

D= 69 - 60

F= 59 - Below

