



# Lifetime Wellness

**Coach Kurry Cody**

Head Boys Basketball Coach

Office Location: Upstairs Gym Office, beside the weight room

Email: [kurrycody@cocke.k12.tn.us](mailto:kurrycody@cocke.k12.tn.us)

Lifetime Wellness is a **holistic approach to health and lifetime physical activities**. This approach to total wellness encompasses the physical, mental, social, and emotional well-being of the individual. Some topics we will cover are: Disease Prevention and Control, Nutrition, Substance Use and Abuse, Mental/Emotional/Social Health, Family Life, Safety and First Aid and Personal Fitness.

## Rules

- Do your best, it will pay off in the long run.
- Arrive on time for class.
- Always have pencil/pen and paper handy.
- Raise your hand to speak or volunteer.
- Follow the dress code of the school.
- Do not cheat or copy other people's work.
- Respect everyone in the class.

## Written Assignments

Students will be doing written assignments using a pencil/pen as well. Please be prepared by having a pencil, pen, and paper every day. Section Assignments, Note-Taking Guide Worksheets, and Wellness Journals.

## Chapter Exams

Student will be tested after every unit we cover in the *Pearson Health* textbook. We will cover the unit using a multitude of preparation techniques such as using a note-taking guide, study-guides, Kahoot study guide, etc.

## Final Exam

Students will take a final exam at the end of the semester. Date TBA. If a student misses less than 3 days of class for the entire semester, they are exempt from the final exam. If you miss more than 3 days, you are required to take the final exam. The exam will be cumulative, but not extensive. Students will be prepared with a study guide of what units and information the exam will cover.

## **Cell Phone Policy**

**Cell phones must be turned off and put away. There should be no use of a cell phone during class. If I catch you using your phone during class, I will ask you to go to the office and turn it in, there will be no exceptions.**

## **Grades**

All student grades will be located in ASPEN. Please be patient as some the grades may not be put in at the time you view the gradebook. I will do my best to keep the gradebook as updated as possible. Here are the grade percentages:

- Section Assignments (30%)
- Wellness Journals (30%)
- Note-Taking Guide Worksheets (5%)
- Chapter Tests (20%)
- Final Exam (15%)

## **Units/Chapters**

Chapter 1 - Making Healthy Decisions

Chapter 2- Personality, Self-Esteem, and Emotions

Chapter 3 - Managing Stress

Chapter 4 - Mental Disorders and Suicide

Chapter 5 - Family Relationships

Chapter 6 -Building Healthy Peer Relationships

Chapter 8 - Food Nutrition

Chapter 13 - Exercise and Lifelong Fitness

Chapter 14 - Personal Care

Chapter 17 - Preventing Drug Abuse

Chapter 26 - Preventing Injuries

*\*All chapters are subjected to change, along with new chapters may be introduced.*