



Lifetime Wellness

Coach Kurry Cody

Head Boys Basketball Coach

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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.

Plagiarism

- Include plagiarism regarding generative AI (see board policy)
- Include this statement and everything below it:
 - According to Harbrace Handbook, 15th edition: Plagiarism is defined as “presenting someone else’s ideas, research, or opinions as your own without proper documentation, even if it has been rephrased.”
- This includes but is not limited to:
 - Copying verbatim all or part of another’s written work;
 - Using phrases, figures, or illustrations without citing the source;
 - Paraphrasing ideas, conclusions, or research without citing the source;
 - Using all or part of a literary plot, poem, or film without attributing the work to its creator.
- Consequences of Plagiarism
 - Plagiarism is a form of stealing and academic fraud. Students who are found guilty of plagiarism have the option of either redoing the assignment within a specified time period and accept a letter drop or taking a zero on the assignment. Parents are to be involved in making this decision.

Religion in the Classroom

The Board affirms that it is essential that the teaching about religion – and not of a religion be conducted in a factual, objective, and respectful manner in accordance with the following guidelines:

1. Religious themes may be a part of the curriculum for school-sponsored activities and programs provided it is essential to the learning experience in the various fields of study and is presented objectively;
2. The inclusion of religion shall be for educational purposes only;¹
3. The emphasis on religious themes should be only as extensive as necessary for a balanced and comprehensive study of the curriculum. Such studies shall never be used to proselytize, establish, foster, or demean any particular religion, religious tenets, or beliefs; and¹
4. Student-initiated expressions to questions or assignments which reflect their beliefs or non-beliefs about a religious theme shall be accommodated.

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/Note-Taking Guide Worksheets (20%)
- Wellness Journals (50%)
- Chapter Tests (15%)
- 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.