

# Healthful Living

## 2018-2019

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### Healthful Living

#### Objective:

- The comprehensive healthful living education program is designed to help each student develop proactive health promotion behaviors. In this course, 50% of your grade will come from health and 50% of your grade will come from physical education – you must do both to pass! **THIS COURSE IS A REQUIREMENT FOR GRADUATION AND A PREREQUISITE FOR ALL OTHER PHYSICAL EDUCATION COURSES.**

#### Health Requirements

- 1. Chromebook – We will use our chromebooks for Health EVERY DAY, please bring your chromebook and **make sure that it is charged.**

#### Physical Education Requirements

- 1. Dress out – students are expected to wear their PE uniform EVERY DAY. Uniforms cost \$20 and include mesh shorts and t-shirt. Students may purchase as many uniforms as they feel necessary. **Please contact your teacher if you have a hardship and need assistance with your uniform.**
- 2. Participation – students will participate in a wide variety of activities and will be expected to participate to the best of their ability **EVERY DAY.**

#### Gym Dress Code

- 1. Athletic/tennis shoes only
- 2. PE uniform (UNIFORMS MAY NOT BE ALTERED)
- **\*\*failure to comply with the gymnasium dress code will result in assignment to PIT\*\***

#### Locker Room Etiquette

- 1. Respect your facilities. Lockers, locks, toilets, water fountains, showers, etc... are all for YOUR convenience please treat them with respect and keep them clean.
- 2. **LOCK UP ALL OF YOUR VALUABLES!!** If you have an item that is too large to lock in your PE locker see a coach about storing the item.
- 3. **NO FOOD OR DRINKS IN THE LOCKER ROOM.**

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- 4. Keep your assigned lock on your assigned locker, you will be held accountable for the condition of the lock and the locker at the end of the semester.

### **Timeline**

- Students are expected to be **IN OR BEYOND A-47** by the tardy bell and to be dressed-out and in **Health Class** by 5 minutes after the tardy bell. Failure to be in the locker room or classroom on time will result in a tardy. **Once you accumulate 3 tardies they will be counted as an absence and you will be written up.** We will spend 20-30 minutes per day in Health then we will spend the remaining time in Physical Education. Students will be given adequate time to redress at the end of class.

### **Physical Education Activities** (some examples, but not limited to)

- ★ Cardio/Fitness Activities: circuits, running, aerobics, tabata, kickboxing
- ★ Large-sided Games/Sports: football, soccer
- ★ Small-sided Games/Sports: volleyball, handball, nitroball
- ★ Individual/Dual Sports: ping-pong, cornhole, bocce, scatterball

### **Class Rules**

- Students must inform the teacher before class begins if they are unable to participate and provide proper documentation. Even if a student is unable to participate they are still expected to dress out in their uniform.
- Students must be on time for all activities and remain quiet during the transition from Health and Physical Education.
- Students must participate the entire period in order to earn participation points.
- No unauthorized electronic devices are allowed in health or physical education. This includes cell phones.

### **Grading Scale**

- A: 90-100
- B: 80-89
- C: 70-79
- D: 60-69

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I acknowledge that I have received a syllabus and understand the expectations of the Healthful Living Class.

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**(Student Name-PRINT)**

**(Student Signature)**

**(Date)**

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**(Parent/Guardian Name-PRINT)**

**(Parent/Guardian Signature)**

**(Date)**

Please list any contact information, instructions, or medical issues you would like for the teacher to have:

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