

Cocke County High School**Lifetime Wellness**
2025-2026 Syllabus

Part 1: Course Information**Instructor Information**

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Course Description

This course is designed for students to learn how to live/manage a healthy lifestyle.

General Education/High School Pathway Area

- 1 Physical Education credit

Textbook & Course Materials**Required Text**

- Pearson Health
- Pruitt, Allegrante, Prothrow-Stith

Course Requirements

- 1 inch 3-ring Binder
- Tab dividers
- Textbooks (provided)

Course Structure

- This course will consist of lecture, bookwork (vocabulary/section review questions), group work, presentations, and physical activity.
- The students will be required to complete assignments and store them in their binders. Binders will be graded weekly.
- The students will take a test at the end of each chapter for assessment.
- Students will be required to participate in physical activity. These activities will take place either in the gym. On these days the students will need tennis shoes. Any other types of shoes are not permitted on

- the gym floor. If proper shoes are not worn the student must remove shoes to participate.
- Occasionally there will be guest speakers presenting in the classroom.

Part 2: Student Learning Outcomes

Component: Personal Wellness

Nutrition

- Identify the relationship between healthy eating and total wellness
- Evaluate personal nutritional and energy needs
- Examine the relationship between diet and disease
- Interpret food labels, critique fad diets, recognize food safety practices

Fitness

- Implement the health-related and skill-related components of fitness
- Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness.
- Describe and apply principles related to physical activity
- Construct fitness goals

Component: Mental, Emotional, and Social Health

Emotional Health

- Identify emotions and their effects on the body and mind.
- Recognize stressors and formulate personal stress management techniques
- Design useful strategies for suicide prevention

Mental Health

- Examine characteristics of mental health conditions

Social Health

- Identify positive ways of resolving interpersonal conflict
- Demonstrate appropriate refusal skills

Component: Safety and First Aid

First Aid Procedures

- Identify and demonstrate the skills necessary in responding to medical emergencies
- Explain how potential risks associated with technology, transportation,

and high-risk behaviors affect safety.

Component: Human Growth and Development

Relationships

- Examine the aspects of positive relationships
- Determine the influence of family, media, cultural traditions, and economic factors on human development.

Sexuality

- Identify preventative methods and potential outcomes of engaging in sexual behaviors

Component: Substance Use and Abuse

Appropriate Use

- Describe proper use of over-the-counter and prescription drugs.

Health Risks

- Summarize the consequences of drug use
- Articulate the effects of substance misuse and abuse on society

Risk Reduction

- Research school and community resources for treatment and intervention

*You will meet the objectives listed above through a combination of the following activities in this course:

- Reading in the textbooks
- Textbook Work (vocabulary, section review questions, study guides)
- Group presentations
- Guest speakers
- Chapter Quizzes
- Exercise

Lifetime Wellness 2021-2022 Syllabus

Part 3: Topic Outline/Schedule

Semester 1

Week	Topic	Readings/ Resources	Activities	Due Date
1	Healthy Choices	Chapter 1	Lecture/Slides/Notes Vocabulary Section Reviews 1-3 Study Guide Chapter 1 Quiz	
2	Personality, Self-Esteem, and Emotions	Chapter 2	Lecture/Slides/Notes Vocabulary Section Reviews 1-3 Study Guide Chapter 2 Quiz	
3	Stress Management	Chapters 3-4	Lecture/Slides/Notes Vocabulary Ch. 3 Section Reviews Ch. 3 Study Guide Ch. 3	
4	Stress Management (continued)	Chapters 3-4	Lecture/Slides/Notes Vocabulary Ch. 4 Section Reviews Ch.4 Study Guide Ch. 4 Ch. 3-4 Quiz	
5	Healthy Relationships	Chapter 5-6	Lecture/Slides/Notes Vocabulary 5/6 Section Reviews 5/6 Study Guide Ch. 5-6 Quiz	
6	Food/Nutrition	Chapters 8-9	Lecture/Slides/Notes Vocabulary Ch. 8 Section Reviews Ch. 8 Study Guide	
7	Food/Nutrition (continued)	Chapters 8-9	Lecture/Slides/Notes Vocabulary Ch. 9 Section Reviews Ch. 9 Study Guide Ch. 8-9 Quiz	

8	Group Review for Mid-Term	Chapters 1-9	Review Games Group Proj./Presentations	
9	Group Review for Mid-Term	Chapters 1-9	Review Games Group Proj./Presentations Study Guide Mid-Term Exam Chapters 1-9	
10	Body Systems	Chapters 10	Lecture/Slides/Notes Vocabulary Chapter 10 Section Reviews Ch. 10	
11	Body Systems (continued)	Chapters 11	Lecture/Slides/Notes Vocabulary Chapter 11 Section Reviews Ch. 11	
12	Body Systems (continued)	Chapters 12	Lecture/Slides/Notes Vocabulary Chapter 12 Section Reviews Ch. 12	
13	Body System Review/Test	Chapters 10-12	Review Games Study Guide Ch. 10-12 Quiz	
14	Exercise and Personal Care	Chapters 13-14	Lecture/Slides/Notes Vocabulary 13-14 Study Guide Ch. 13-14 Quiz	
15	Alcohol, Tobacco, and Drug Abuse	Chapters 15-17	Lecture/Slides/Notes Vocabulary Ch. 15-17	
16	Alcohol, Tobacco, and Drug Abuse	Chapters 15-17	Lecture/Slides/Notes Section Review Ch. 15-17 Study Guide Ch. 15-17 Quiz	
17	Safety and Injury Prevention	Chapters 25-26	Lecture/Slides/Notes Vocabulary Ch. 25-26 Study Guide Ch. 25-26 Ch. 25-26 Quiz	
18	Review for Final Exam	Chapters 10-17 and 25-26	Group Review Games Study Guide Final Exam Ch. 10-17 and 25-26	

Semester 2

Same as Semester 1 *different students

Part 4: Grading Policy

Graded Course Activities

Assignments for details about each assignment listed below.

1st 9-Weeks	
Points	Description
100pts	Binder Work (Vocabulary, Section Review Questions, Study Guides)
100pts	Group Projects/Presentations
100pts	Class Participation (Physical Activity and Class Discussions)
100pts each	Chapter Quizzes
100pts	Mid-Term Exam (Chapters 1-9)
2nd 9-Weeks	
Points	Description
100pts	Binder Work (Vocabulary, Section Review Questions, Study Guides)
100pts	Group Projects/Presentations
100pts	Class Participation (Physical Activity and Class Discussions)
100pts each	Chapter Quizzes
100pts	Final Exam (Chapters 10-17, 25-26)

Late Work Policy

- **Students will have 3 days to complete make up work. The student is responsible for communicating with the teacher about missed assignments.**

This can be modified, but must match the district scale.

Letter Grade	Percentage	Performance
A	90-100%	Excellent Work
B	80-89%	Good Work
C	70-79%	Average Work
D	60-69%	Poor Work
F	0-59%	Failing Work

Part 5: Course Policies

Attend Class

Students are expected to attend all class sessions as listed on the course calendar.

Complete Assignments

All assignments must be completed by assignment due date.

Participation on physical activity days is mandatory

Academic Dishonesty Policy

1. Academic dishonesty includes such things as cheating, inventing false information or citations, plagiarism and helping someone else commit an act of academic dishonesty. It usually involves an attempt by a student to show possession of a level of knowledge or skill that he/she does not possess.
2. Course instructors have the initial responsibility for detecting and dealing with academic dishonesty. Instructors who believe that an act of academic dishonesty has occurred are obligated to discuss the matter with the student(s) involved. Instructors should possess reasonable evidence of academic dishonesty. However, if circumstances prevent consultation with student(s), instructors may take whatever action (subject to student appeal) they deem appropriate.
3. Instructors who are convinced by the evidence that a student is guilty of academic dishonesty shall assign an appropriate academic penalty. If the instructors believe that the academic dishonesty reflects on the student's academic performance or the academic integrity in a course, the student's grade should be adversely affected. Suggested guidelines for appropriate actions are: an oral reprimand in cases where there is reasonable doubt that the student knew his/her action constituted academic dishonesty; a failing grade on the particular paper, project or examination where the act of dishonesty was unpremeditated, or where there were significant mitigating circumstances; a failing grade in the course where the dishonesty was premeditated or planned. The instructors will file incident reports with the Vice Presidents for Academic Affairs and for Student Affairs or their designees. These reports shall include a description of the alleged incident of academic dishonesty, any relevant documentation, and any recommendations for action that he/she deems appropriate.

Important Note: Any form of academic dishonesty, including cheating and plagiarism, may be reported to the office of student affairs.

Course policies are subject to change. It is the student's responsibility to check for corrections or updates to the syllabus. Any changes will be posted in the classroom.