Wellness

Course Syllabus

**Instructor:** Colton Sundquist  
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**Course Description:**

The Wellness courses provide alternating units of health and physical education. Students will participate and assess, monitoring their own lives, the factors which relate to positive mental, physical, and social health.

**PE General Rules and Expectations:**

* Every student is required to be dressed and ready for physical activity. The PE uniform consists of athletic shoes, socks, shirt, and shorts or sweats. Nothing that is indecent, unsafe, or restricts mobility will be allowed. If you have questions or concerns regarding appropriate PE uniforms, please contact Mr. Sundquist.
* Role will be taken five minutes after the designated time for class to begin. This will allow you 4 minutes to come from your previous class and another 5 minutes to dress down and report to the auxiliary gym.
* We will provide a locker for you to store your PE uniform. Keep your lockers locked. Large sums of money and other valuables should not be left in the locker room. The school is not responsible for any lost or stolen items in the gym, locker room, or weight room. Please bring your own lock to use for securing items in lockers.
* There will be **NO** iPods, cell phones, or other electronic devices in the gym, locker room, or weight room. This is a safety hazard.
* Language or behavior which is obscene or abusive will not be tolerated.
* With the exception of water in a sealable bottle, no food or drink is allowed in the gym, locker room, or weight room.
* Report any injuries to the instructor immediately.
* Damage to any PE equipment will result in a possible forfeiture of daily points and the financial reimbursement for the piece of equipment.
* **Athletes are expected to dress down and participate in class activities on game days.**
* Students may make up **five (5) excused** absences. Unexcused absences cannot be made up.
* Students may be excused for medical reasons **only if they provide a note from their parents/guardian to validate their medical issue.** All students who miss more than two days due to medical reasons must provide a note from a doctor.

**PE Grading Criteria:**

* Each class day, students will be given 10 points based on demonstration of content knowledge.
* Any time a student’s work habits are unacceptable a **five-point** deduction will be given. These deductions ***cannot*** be made-up.
* Any time a student’s locker room conduct is unacceptable a **five-point** deduction will be given. These deductions ***cannot***be made up.
* Any time a student is not in roll call line during roll call and receives a tardy a **three-point** deduction will be given. These deductions ***cannot*** be made up.
* Any time a student uses a cell phone, ipod, or other device, a **three-point** deduction will be given. These deductions ***cannot*** be made up.
* Any time a student use profanity a **five-point** deduction will be given. These deductions ***cannot*** be made up.
* Any time a student does not dress down for P.E a **five-point** deduction will be given. These deductions ***cannot*** be made up. COME TO CLASS PREPARED. If a student does not dress down in appropriate clothing, **they may choose to participate for half credit**.
* Grades are updated daily.

**Health Grading Criteria:**

* Students Health grade will be compiled throughout the semester and totaled at the end. Grades will be determined by work on worksheets, assignments, tests, quizzes and participation/behavior. I will accept late work with a 10% deduction for each late day.
* Each two-week unit will consist of projects, quizzes, assignments, and a test.
* Participate as much as possible. There will be discussion.
* Students will keep a notebook that has all of their work from the semester including tests, reports, homework, notes, etc. This will be a valuable tool in preparation for the final exam at the end of the semester.
* Students may retake two tests throughout the semester.
* Respect yourself, respect others, and respect the property of Wilsonville High School.

**\*\*\*\*ALWAYS FIND OUT WHAT YOU MISSED WHEN YOU WERE ABSENT\*\*\*\***

Grades will be determined based on the following grading scale:

A 90 – 100%

B 80 – 89%

C 70 – 79%

D 60 – 69%

F 50 – 59%

I have read and fully understand these expectations.

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_

PHYSICAL EDUCATION MAKE UP FORM

45 MINUTE ACTIVITY AND WRITTEN PAPER

In order to make up a PE absence, students must do the following:

1. Pick up a PE make up form from Mr. Sundquist.
2. Participate in physical activity for 45 minutes. Activities such as swimming, jogging, bicycling, and weight lifting are acceptable. Others will be considered with prior approval from Mr. Sundquist.
3. Choose any health or physical education article and type a 200-word summary. Items to include in your summary; main points, agree/disagree, what you learned, how it affects you.
4. Attach your summary and article to this paper.
5. Make up assignments must be completed and turned in within 10 days of the absence. If the make up assignment is not complete and returned within those 10 days, students will then receive a maximum of 7 out of 10 points.
6. No make ups will be accepted during finals week.

**Printed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Absence Activity\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**