Harding University High School

Department of Physical Education and Sport

Health and Physical Education

2016-2017

Instructor: Travis Robinson Office: Gym/Boys Locker Room

Phone: (980) 343-6007 Office Hours: 2:30-3:30 pm

E-Mail: travis1.robinson@k12.nc.us Class Room: D7

Website:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Course Description:**

This course is a blending of physical and health education split into two sections. Students receive 18 weeks of health education and 18 weeks of physical education and must pass each class in order to graduate high school in the state of North Carolina.

* The **Physical Education** section of this class will center on the development of physical and social skills in the areas of: motor skill development, movement concepts, health-related fitness, and personal/social responsibility.
* The **Health Education** section of this class will focus on: mental/emotional health, personal/consumer health, interpersonal communication and relationships, nutrition and physical activity, and alcohol, tobacco, and other drugs through a variety of classroom activities, research, and discussions.

**Required Materials:**

Pens/Pencils, Notebook, Shorts/Sweatpants, T-shirt/Sweatshirt, Sneakers

**Course Objectives and Outcomes:**

* Create positive stress management strategies and help–seeking strategies for depression/mental disorders
* Analyze wellness, disease prevention, and recognition of symptoms
* Evaluate health information and products
* Understand necessary steps to prevent and respond to unintentional injury
* Understand healthy and effective interpersonal communication and relationships
* Evaluate abstinence from sexual intercourse as a positive choice for young people
* Create strategies that develop and maintain reproductive and sexual health
* Analyze strategies using tools (My Plate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness
* Analyze the relationship of nutrition, fitness and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular disease, and eating disorders
* Apply lifelong nutrition and health-related fitness concepts to enhance quality of life
* Understand the health risks associated with alcohol, tobacco, and other drug use
* Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use

**Course Expectations:**

* Attending all classes possible and arriving prepared.
* Arriving on time and not leaving early. If you must enter a class late you **must** have a pass, do so quietly and do not disrupt the class
* Follow the classes Social Contract
* Turning off electronic devices or handing them over to the instructor.
* Eating of any kind candy or food is not allowed
* Stay focus on class material during class time.
* Pack book bags or backpacks to leave after the instructor has dismissed class.

**Course Disciplinary Actions:**

* Warning x 3
* Seat Assignment
* One on One After Class Discussion x 2 (Writing Assignment)
* Call Home/ Home Visit x 3
* Write Up

**Course Evaluation:**

**Formal Assessment**

* Exams, Projects, and Presentations **= 70%**

**Informal Assessment**

* Quizzes, Notebook Checks, Participation, Written Work, and Worksheets **= 30%**

**Attendance Policy:**

Students are required to attend and FULLY participate in every class session; failure to do so can result in a lower grade. Students will not be penalized for their first 10 absences. Each unexcused absence after ten will result in a failure of the class. **Late Assignments must be handed in on time, or a valid excuse must be presented to the instructor before or at the time the assignment is due to receive extra time**.

**Electronic Devices Policy:**

Harding University allows electronic devices on campus during passing of class and lunch. **After an initial warning, students who do not comply with the school’s policy will be asked to put their phone in a brown paper bag on top of their desk until the end of class. Refusing this rule will lead to student being asked to leave class followed with a referral**.

**Promise to you:**

***I promise to keep you safe, care about you, protect you from embarrassment and help you succeed*.**

I have read and agreed Mr. Robinson’s syllabus.

Students Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_

**THIS SYLLABUS SHOULD REMAIN IN THE FRONT OF YOUR BINDER FOR YOUR REFERENCE THROUGHOUT THIS COURSE!**