



FREEDOMPROJECT
ACADEMY

Course Syllabus

Health/Physical Education

Course Description:

Health affects every aspect of our lives. Even though we are over 99% the same as our designer has created us, there are many aspects of our health that are different. This course gives students the opportunity to focus on their physical, mental, emotional and spiritual health. We will discuss the 11 systems of the body and how they work together; how exercise and physical activity play a vital role in our everyday health; effects of stress and anxiety; and being in community with others as we live on this beautiful planet.

Major Topics of Study:

Physical Health: The human body and it's 11 systems, Nutrition, Fitness and Exercise, Infectious Diseases, Noninfectious Diseases

Mental Health: Stress and the Effects on the Body

Social Health: Eyes, ears and teeth, first aid

Spiritual Health: Consistency

Text/Required Materials:

Total Health High School (ASCI Health Series)

Grading:

Assignments – 20%

Participation – 10%

Tests/Quizzes – 40%

Physical Education Assignments - 30%

The lowest three scores will be dropped each semester (excluding any large writing assignments/projects or tests).

Attendance/Participation:

During live classes students will go over material read before class; discuss concepts from the chapter; complete activities in the main classroom and in small groups; and review for upcoming tests and quizzes.

Expectations/Guidelines:

1. Assignment Sheets: You must read the Assignment Sheet at the start of every week. All the information that you need is there regarding what is due, how it is to be done, what is expected, etc. Please re-read the Assignment Sheet before you email with a question regarding an assignment. It is the quickest way for you to get the information that you need as the instructor may not be able to respond right away when you email. In almost all circumstances, the information that you seek is on the Assignment Sheet.
2. Class Etiquette: You must be respectful of other people. Everyone must feel free to participate and learn.
3. Submitting Assignments: You **MUST** submit your assignments through Canvas.
4. Participation/Preparation: Please be on time and prepared to participate in discussions and activities.
5. Grades: Assignments are to be complete and turned in on time. Quizzes will be open-book to help you to prepare for tests which will be closed book. You may use your notes for tests. Participation will include the activities we complete in class. 6. Due Dates: All due dates are listed on the Assignment Sheets located in the Announcements section. An extension will be given if an e-mail is received in a timely manner in accordance with the late policy stated in the handbook.