



Course Syllabus

Course Name: Wellness

Teacher: Mr. Conway

Contact Information: mconway@urbansci.net

Required Materials: Appropriate exercise clothing (especially shoes)

Course Description: Wellness is not your average physical education course. This class focuses on total body wellness, from education about how exercise helps the body to actual exercise itself. The main exercise in the class is walking. The class is participating in “Walk Across America”, where 3 days out of the week, the class walks, trying to accrue enough miles to “walk across America”. Since walking is the most indiscriminant exercise, yet still works you aerobically and tones your muscles, it is the perfect exercise to show students how easy exercise can be. The other days of class we focus on muscle building exercises, making the weight room available to the students and working individual muscles.

Grading Policy:

Participation.....100%

Classroom & Community Rules: Respect everyone. Participate

Other Policies (Punctuality, Preparedness, Extra Credit, etc.): must be punctual and prepared. If you are late, unprepared, or do not participate you lose 1 point off of your grade. You gain/lose points depending on participation and preparedness.

By signing this syllabus, I am showing that I understand and agree to follow it and succeed in Wellness.

Student Signature: _____ **Date:** _____

Print Name: _____