Physiology of Wellness

Syllabus 2016-2017

Teacher: Ms. Sanchez

E-mail: Sanchez\_Katrina@asd12.org

Phone Number:

**Mission Statement**: Welcome to Physiology of WelIness. I hope you are as excited about this class as I am! To ensure that we have a good semester, I need to make sure that we are all on the same page. Keep this course description as a reference – **you are responsible for the information.** This is an introductory class designed to familiarize students with basic concepts of nutrition, weight control, eating disorders, exercise physiology, depression, the immune system, digestions, and infectious disease.

**Overview of Topics**: This course is divided into units which are applications of chemistry. Topics may include: Nutrition, Sports Psychology, Anatomy Basics, Injury Evaluation, Emergency Plans, and Common Sports Injuries.

**Everyday Materials:**

* 1- Composition notebook- (not spiral notebooks)

**Please have materials purchased as soon as possible (Sept. 2nd). The most important material is the composition notebooks. We will have a lab early next week and those will be important.**

* Pencil/ Pen (black/blue only for assignments)
* Physiology work book (I will give that to you)

**Classroom Supplies:**

* Please bring **any** of the following for Extra Credit:

\**each item is worth 1 EC point max is 5 points all go towards final exam*\*

* + - 1- Box of tissue

**If you are not able to bring in items for extra credit I will allow you donate your time to me for extra credit.**

* 20 min after school wipe down desks
* 20 min before school help set up for the day day
  + - 1- Package of Expo Dry Erase Markers
    - 1- 12 pack of pencils
    - 1- Package of Markers
    - 1-Package of glue sticks
    - 1- Package of note cards

**Classroom policies and expectations will be discussed in class and the student handbook will be followed.**

**Academic Integrity Pledge**: As a student enrolled in this class, I affirm the principle of academic integrity and commit to upholding integrity by completing all academic assignments in the manner expected, informing the instructor of suspected instances of academic misconduct by myself and my peers, and fully engage in the class and its related assignments for the purpose of learning.

**Attendance/Absences/Make-up Work:** Per ASD policy, students are allowed 1 day per day absent to make up work missed for an excused absence. If you know you will be absent in advance, please let me know as soon as possible. Students who are absent on a review day or test day but who do not miss any new material will be expected to take the test upon their return to school. Tests missed during an excused absence must be scheduled upon return to school. Students who intentionally skip class will not be granted the privilege to make up work or receive credit for work due on the day of the unexcused absence. West is continuing its Start on Time tardy policy this year. Once the bell rings, tardy students must have a pass to enter class; students without a pass will receive a detention and a phone call home from Student Services.

**Grading:** The district has adopted standardized grading policies throughout the secondary schools to make grading easier for parents and students to understand. There will be three and only three assignment types used in the grade book.

* Measurements (exams, quizzes)
* Performance (labs, papers, projects, demonstrations)
* Practice (bell work, homework, class work)

Measurements will be weighted at 60%, Performance at 20%, and Practice will be weighted at 20%.

|  |  |  |
| --- | --- | --- |
| Measurement 50% | Performance 20% | Practice 15% |

|  |  |
| --- | --- |
| Final  Exam  15% | Measurement, Performance, and Practice 85% |

This is where it may get a little confusing. In order to calculate a student’s final grades at the end of the semester, Measurement, Performance, and Practice will account for a total of 85%, while the other 15% will be accounted for by their final exam.

**Technology**: In order to better serve my students, I will keep an up to date website under “Staff Pages” on the WHS website. I will post practice problems, assignments, study guides, notes, and much more. If a student forgets to take home an important assignment, there will be printable PDF files on the website for those emergencies.

I also have a Remind account set up for class. Using Remind will allow me to send text reminders so that everyone can stay connected. One great part about Remind is that there is no exchange personal information or phone numbers when communicate over Remind. Remind is free for schools and requires no software to download. Remind works with any regular phone (SMS text messaging) or web browser (laptop, tablet, ipad, smartphone, etc.). In order to participate all, you need to do is text @79ehk to 81010. You then will be able to receive my classroom alert texts. This is a great way to stay active in your student’s educational experience in my classroom. If you have any questions, please contact me.

**Personal Note to Guardians:** Students who have **a positive attitude, good attendance, good study habits and study** **skills, as well as guardian and teacher support CAN ACHIEVE at a high level**. Therefore, I will do my best to keep the student and you, the guardians, informed of your student’s progress and alert you to any problems. Please contact me at anytime when you feel there may be a problem (Sanchez\_Katrina@asdk12.org). The sooner you and I define the problem, the sooner we can jointly arrive at a solution. I am looking forward to an exciting school year full of learning about the wonders of Chemistry and I hope that my students find Chemistry challenging, fun and relevant to their lives and future endeavors.

Thank you for your support.

*Katrina Sanchez*

Please sign and return this back page for your first Practice grade (**Due Friday Sept 2nd**).

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| --- |
| STUNDETS NAME: |
| PERIOD: |
| CLASS: |

I certify with my signature that I have read the Chemistry syllabus for school year 2015/2016 and that I acknowledge it.

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Student Signature Date

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Guardian Signature Date

Guardian contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (home/cell)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (work)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (email address)

I (the parent) registered for classroom text and reminders through Remind (Please Circle One) **YES NO**

Join the groups by texting: @79ehk to 81010

Sometimes students are allergic to some chemical substances or food products used in labs. In order to prevent an allergic reaction, I need to know whether your child has a history in this regard. Please check one of the two statements. This information is kept confidential.

*\_\_\_\_My child has never shown any allergies in the past.*

*\_\_\_\_My child is sensitive to certain chemicals/food products or has a history of asthma.*

*Explanation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*