**WELLNESS 11 0**

Mr. Jeffrey

The goal of the *Wellness Through Physical Education 110* curriculum is to promote healthy active living for life.  Students will experience a variety of wellness activities, design a wellness opportunity for a community group and are expected to create and implement a personal healthy active living plan.  The course is intended to allow a broad-based exploration of various dimensions of wellness and encourage a healthy, balanced lifestyle.

**THIS COURSE IS PARTICIPATION BASED, BE READY TO SWEAT!!**

The course is set up with approximately 80% practical and 20% theory.

Breakdown of Marks: Fitness Journals: 50% (Every day you must fill one in)

Finish Sentences: 10%

Projects/labs: 10%

Final Exam: 30% (10% practical and15% theory based)

(\*\*Fitness room is graded 5 marks a day. 3 marks for cardio and 2 marks for strength. Please make sure you fill in your Fitness Journal as you work out. The Fitness Journals will remain in Fitness Room.)

Lock and Locker will be available in the appropriate change room on request. However, I do strongly encourage you to have a locker and bring extra clothes, towels, etc.

Practical Units: Fitness Room, Trail running, Fitbody Bootcamp, T25, RAW Workouts, Gym Bootcamps, Insanity, gym activities, Ultimate Frisbee, Tennis, Kinball games, Tchoukball, etc. (We will be using projector to use Youtube for video activities)

Theory Units: Domains of Wellness (Mental, Physical etc.); Nutrition, Mental Illnesses (Anorexia, Bulimia), Environmental Wellness, Goal Setting (SMART, FITT, Principles of Fitness)

What do you need? 2 Duotang: Gym and class at least 2 sets of clothes, indoor and outdoor sneakers, positive attitude!!

Most of the time Thursday will be our Classroom day each week.

Remember this...

You selected this course...Your exercising has no benefit for me, it can only benefit you and it will! Work hard and you will see and feel better.

And those days that are a struggle...try harder...you will feel great after.

You are only competing against yourself.