

# LIFETIME FITNESS

Mrs. Sweet

asweet@bigfork.k12.mt.us

asweet@bfd38.org

## Course Overview

Students will gain knowledge about basic principles and skills of nutrition, physical activity, and mental health. This knowledge will build self-efficacy in making healthy lifestyle choices around what they eat, their physical activity, and their mental health. This course is based on “Come and Get It: Nutrition and Physical Fitness for Lifelong Health” by ETR Associates and “Holistic Health for Adolescents” by Nada Milosavljevic, MD, JD

## Course Objective

After participating in this course students will

- Have specific exercises they can participate in to enhance their health through physical activity
- Have the knowledge to make healthy choices around what they eat
- Have specific strategies to help themselves emotionally
- Be able to make decisions around healthy lifestyle choices
- Have the ability to set future goals
- Have a plan to maintain the practice of this course
- Have confidence to participate or try new physical activities

## Course Structure

Lessons: You will be participating in lessons and class activities on various well-being topics every **Monday** and **Wednesday**.

Physical Activity: Students will participate in some form of physical activity every **TUESDAY**.

Nutrition: You will participate in some form of a nutrition/eating activity every **Thursday**.

Mental Health: Students will participate in some form of a mental health exercise or lesson every **Friday**.

## Course Grading

Students grades will be largely graded on their positive participation each day. Additionally, students will be graded on their classwork and class projects.

*PARTICIPATION POINTS CANNOT* be made up; however, if a student is absent or unable to participate, with a valid parent note, their lack of participation will not count against them. A student will receive full participation points if they get no redirections about their attitude and/or their lack of participating. Students with one to three redirections about their attitude and/or their lack of participation will receive partial participation points. If you *get over* three redirections in class about their attitude and/or their lack of participating, they will not receive any participation points for that day.

**Student Information:**

**Name:**

**Food Allergies**

**Physical Restrictions**

**How would you describe your overall health and well-being?**

**Parent Information:**

**Name:**

**Contact Number:**

**Contact email:**

I give my student, \_\_\_\_\_, permission to participate in walking field trips from the school during their class time.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_