**Wellness 1**

*Syllabus 2025-2026*

**Teacher:** Keith Claxon **Email:** kclaxon@eriesd.org

**Room:** South Gym **Period:** 3B

**Course Description:**

This course explores the key principles of a healthy and active lifestyle. You will learn about the five components of fitness and how to apply essential training principles to your workouts as well as everyday life. We'll cover important concepts like intensity and how to develop effective fitness plans that incorporate functional fitness and circuit training. Additionally, nutrition, hydration, and sleep will be covered in this course.

**Major Units of Course:**

* The 5 Components of Fitness
* Training Principles
* Bones and Muscles
* Nutrition
* Hydration
* Sleep and Relaxation

**Classroom Expectations:**

Please read and abide by the school handbook as well as the following guidelines to ensure success for yourself and your fellow classmates in this class.

Your success in this class relies on your adherence to our classroom contract as well as taking responsibility for your learning environment through active participation in class. All students are expected to treat their peers and teacher with respect and adhere to the items below:

1. Be on time.
2. Bring a water bottle.

Parent communication is welcome, and students should be encouraged to advocate for their success by communicating with me directly.

**Evaluation:**

* Participation
* Written Work
* Quizzes/Assessments

**Grading Policy:**

Late work will always be accepted for partial credit (all assignments must be eventually completed). Points are awarded for punctuality, content/accuracy, grammar and creativity.

**PBIS Points:**

Students can earn PBIS points each block for being responsible, respectful, and resilient.

**Be Respectful:** 3 points for completing an academic task.

**Be Responsible:** 3 points for arriving to class on time.

**Be Resilient:** 3 points for having your phone silent and away during the entire class period.

**Student’s Signature:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_