**HONORS FITNESS AND NUTRITION**

**INSTRUCTOR:** Coach Poole

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The purpose of Honors Fitness and Nutrition is to provide opportunities for students to develop knowledge, skill and attitudes necessary for practicing lifelong health-enhancing behaviors. Fitness testing and written work are included.

**ATTIRE:** Comfortable clothing such as tennis shoes, sweat pants, shorts, t-shirt, sweatshirt. **No flip flops, loafers, boots, jeans, tank tops, cut-off shirts, or clothing that may be distracting.**

**OBJECTIVE/CONTENT:**

1. The relationship between good nutrition and physical, intellectual, emotional, and social wellness
2. Evaluate their personal wellness and how it is important to set goals to improve or maintain their level of wellness/fitness
3. Basic nutrition principals
4. Total physical fitness and lasting desire to maintain it

**PARTICIPATION:**

1. Students should dress out and participate every day.
2. The only excuse is an illness or injury that is too contagious or severe to participate which should be determined by a physician. (STUDENT IS STILL REQUIRED TO DRESS OUT AND THE TEACHER WILL GIVE AN ALTERNATE PLAN)
3. If student is not dressing out or participating, the student should inform the teacher as attendance is being taken. **NO STUDENT IS ALLOWED IN THE LOCKER ROOM IF THEY ARE NOT DRESSED OUT OR PARTICIPATING THAT DAY. A REFERRAL WILL BE WRITTEN IF THE STUDENT ENTERS THE LOCKER ROOM.**

**GRADING:**

 **Participation: 100%**

**5 POINTS WILL BE DEDUCTED EVERYDAY THE ASSIGNMENT IS TURNED IN LATE!!!!!!!!!**