

**Northwest Pennsylvania Collegiate Academy  
Wellness/Fitness One Syllabus**

**Instructor: Ms Wiley**

**E-mail: [pwiley@eriesd.org](mailto:pwiley@eriesd.org)**

**Phone: 874-2068    Office: health room 110 or dance studio**

**Special help night: Tuesday: 3:00 – 3:30 or by appointment**

**Text:** *Fitness for Life*, by Corbin and Lindsey ; *American Heart Association First Aid and CPR*, Mosby Lifeliner publishers; *7 Habits of Highly Effective Teens* by Sean Covey.

**Course Materials:** Composition book, pencil, appropriate dress for physical education that includes t-shirt, sweatshirt, shorts, sweatpants, and sneakers.

**Course Location:** Gymnasium, dance studio, weight room, health room 110, stadium  
(Report to 110 unless Ms Wiley states differently)

**Course Description: 1.** Students will participate in fitness activities that include:

- Components of Fitness (health and skill)
- FITNESSGRAM Assessments
- Individual movement skills
- Team sport activities
- Relays for movement exploration

**2.** Students will investigate Wellness studies that include:

- Greater understanding of self-esteem
- Analyzing personal fitness
- SMART goals
- Seven steps for optimum health

**3.** Students will be certified or re-certified in CPR and First Aid. **(50 points)**

**4.** Utilize **computer software** for handouts and reflective responses.

**5.** Students receive **6 points** each class for dress and participation. If you are absent from school, these points may be made up after school by working out in the weight room from 3 – 4 pm on Monday, Tuesday, or Wednesday.

**6.** Completion of a **Wellness ePortfolio** which demonstrates personal growth in knowledge and physical movement.  
**(100 points)**

**Food, drinks, gum, MP3 players and phones are  
not permitted in Wellness One Class.**

