



## **Personal Health & Fitness Syllabus**

### **Course Description:**

This course takes students through a comprehensive study of nutritional principles and guidelines. Students will learn about world-wide views of nutrition, nutrient requirements, physiological processes, food labeling, healthy weight management, diet related diseases, food handling, nutrition for different populations, and more. Students will gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

*This is a semester course.*

### **Additional Materials Required:**

- none

### **Student-Teacher Conferences:**

Office Hours. Students can schedule up to three (3) Student-Teacher Conference over the duration of the course. These meetings are optional, and attendance will not affect your grade.

To schedule an office hour with your teacher to please visit the Student Resources page on [waonline.org](http://waonline.org).

<b>Washington Academy Grading Scale:</b>
<b>A</b> = 100 - 93
<b>B</b> = 92 - 85
<b>C</b> = 84 - 76
<b>D</b> = 75 - 70
<b>F</b> = 69 or less

## Coursework Overview

○ **ASSIGNMENTS**



Assignments are completed by the student through fillable PDFs which they can fill-out, save to computer, then upload to in the Learning Management System. Assignments are typically found throughout the course(s) and can be opened by clicking the “**Activity**” button when prompted to do so. Assignments will be graded by your teacher.

○ **ASSESSMENTS**



Assessments, or Quizzes, are predominately computer graded and will test your knowledge of the content of each Section upon completion.

○ **EXAMS**



At the end of each Unit, Semester and the Course, you will need to complete an Exam.

○ **PARTICIPATION**



Participation grade is determined upon the completion of the “End of Course Survey.” Participation in Discussion boards or Office hours does NOT affect your grade.