**St. Athanasius Academy**

**Class Syllabus**

**Health and Wellness**

**Teacher Information**

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**Course Description**

**The St. Athanasius Academy High School Health and Wellness course is designed to build a foundation for living a physically healthy and mentally balanced life that reflex an Orthodox perspective.**

**This curriculum will cover 4 major areas of human health over 15 classes. The collective information available in each area is vast. Therefore, we will be giving an overview on each topic. We will identify certain topics for you to take a deep dive by further investigation and encouraging you to identify areas you are really interested in learning more about. We will be cover in a short period of time the following.**

1. **Physical health**
2. **Integration of its soul and body**
3. **Anatomy and Physiology**
4. **The eleven systems of the human body and how to take care of them**
5. **Nutrition to include the structure of food and our relationship to what we eat.**
6. **Fitness and Exercise**
7. **Infectious Diseases and habits that avoid or attract them in our lives**
8. **Noninfectious Disease and how to relate to them.**
9. **Mental Health**
10. **Stress and Anxiety**
11. **Lifestyle management of family, friends and tragedies.**
12. **Understanding the providence of God**
13. **The construct of “I”, or what makes up a “person”.**
14. **Social Health**
15. **Risky business**
16. **What is your Responsibility**
17. **Maturity**
18. **When death means life.**

**Required Text**

* Susan Boe, “Total Health, Choices for a Winning Lifestyle”, second edition

ISBN 978-1-58331-225-4 Student textbook (hardcover) Catalog #7606

ISBN 978-1-58331-226-1 Student textbook (softcover) Catalog #7607

**Course Competencies/Learning Objectives**

* To understand the human body’s capacity to maintain a healthy balance between internal and external forces that influence life
* To understand how the mind, body and spirit are built to be in one accord with God and any separation of this integration causes degeneration
* To write and speak during Zoom meetings about the material covered in class or any projects assigned to do between classes.
* To answer the question on quizzes and exams in a timely manner.

**Classroom Expectations**

1. Sign into class on time
2. Be prepared by reading assigned material and reviewing power point before class.
3. Listen to teacher and classmates and respect your time in class
4. Be ready to participate when asked
5. No using Cell phones or other electronic devices during class, NO texting during class.
6. Turn in assignments prior to appointed class time.
7. Believe in your abilities

**Class Requirements**

1. If you are absent, it is YOUR responsibility to make up the assignments and test.
2. Reading assignment will be given by end of each Monday class for the following week.
3. Quizzes and tests schedules will be posted at three week increments.
4. If you are having trouble in this class, come to me immediately and I can work with you. Email me with enumerated questions and we can establish a meeting for instruction.
5. Be on time for our weekly assigned one-on-one session.

**Plagiarism, Cheating, and Academic Integrity**

Plagiarism is the practice of copying words, sentences, images, or ideas for use in written

or oral format with out giving proper credit to the source. Cheating is defined as the giving or receiving answers or information that requires individual effort. Both are prohibited for this class and will significantly affect your course grade.