**St. Athanasius Academy**

*Class Syllabus*

Health and Wellness

Body, Mind and Spirit

**Teacher Information**:

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**Course Description:**

This course is a 15 High School level lecture series on Health and Wellness that is broken down into 3 main areas of study. The first area of study is physical health that covers Anatomy and Physiology, nutrition, fitness and exercise, infectious and noninfectious disease. The second area is mental health that covers stress and Anxiety, L.I.F.E. management, and how we are made in His Likeness and Image.

The third area is Social Health to include choosing our influences, risky business, responsibility, maturity and relationships.

**Required Text:**

*Total Health, Choices for a Winning Lifestyle*, Susan Boe,

A health Textbook for High School, Purposeful Design Publications

ISBN 978-1-58331-225-4 (Hardcover]

ISBN 978-1-58331-226-1 [Softcover]

**Course Competencies/Learning Objectives**

To learn about the relationship between a healthy body and mind with the morality of right living that is given and taught by the goodness and grace of God. Understanding the importance of knowing structure and operation of our bodies and its interdependence with the world in which we live.

Learning and applying practical tools to maintain balance and peace of mind especially when life pushes you out of balance.

Application of a spiritual life as the armor and force to live a positive and productive lifestyle.

**Classroom Expectations**

1. Sign in on time and have video and microphone on at the beginning of the class
2. Have reading assignment finished prior to class time
3. Review and have available all word documents posted for each class
4. Participate in all class discussion with assigned projects and questions.
5. No use of cell phones, texting or use of internet during class time.

**Class Requirements**

1. Complete and submit assigned test on time.
2. If you are absent, it is your responsibility to review the recorded video of that lecture with associated Powerpoint presentations.
3. Be honest and avoid cheating at all cost
4. Keep academic integrity by avoiding plagiarism
5. Give your best effort at all times.

**General Information**:

If you are having trouble in this class, come to me immediately so we can work out the issue before the end of the semester.

My office hours will be the following day of the class and my email is available through moodle.