

SYLLABUS AND GUIDELINES 2019-20
EHS WHOLE BODY WELLNESS, ROOM 2414 WEST
INSTRUCTOR: MS. COURTNEY GREER

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Office Hours /Availability: 7-7:30am Mon, Wed or by appointment

Join REMIND for class announcements and updates:

Main CODE = 81010

WBW 1A = @201920wbw1

WBW 3B = @201920wbw

REQUIRED MATERIALS:

- **THREE RING BINDER/FOLDER:** A journal is required by each student and include **paper** for classroom notes, assignments, handouts and all other information related to the class. **Journals must have pockets. The journal will be kept in the classroom.**
- **PEN/PENCIL ZIPPER POUCH/POCKET:** Students need to keep a zipper pouch in their journals with the following: **2 different colored highlighters, #2 pencils, and pens** for use in class at **ALL** times.
- **CLOTHES:** Leggings or pants that allow for full range of movement and reach below the knees or longer (no shorts). No tanks, bare midriffs, tube tops strapless tops, backless tops, low cut shirts, jeggings, or other inappropriate clothing that prohibits movement. Students should bring clothing they can layer due to the lack of climate control in the dance studios. Please remember that personal hygiene is necessary and respectful of our close working environment.
- **HAIR:** Please properly secure hair with simple hair accessories.
- **COMBINATION LOCK:** Please provide a combination lock for available lockers to secure your valuables/belongings. Please remember to secure your belongings at **ALL** times. The EHS Dance Department is not responsible for lost/stolen property.
- **JEWELRY:** Please wear only small jewelry in class.

MATERIALS FEE: \$10

PAYMENT: cash, check or money order to "Enloe Arts Guild"

MATERIALS FEE Deadline: Friday, September 27, 2019 - Thank you!

AMAZON:

Shop @ smile.amazon.com and look up Enloe Arts Guild to help our Arts Department.

The following link or QR code is the Dance Department Wishlist.

https://www.amazon.com/hz/wishlist/ls/1OROV1TCXBYN9?ref=wl_share



OBJECTIVE:

The goal of this course is to build on the basic concepts in the student's repertoire while advancing to an intermediate/advanced level of training that will prepare he/she to be a skilled, equipped and well-rounded person. Specific content areas addressed in this course will include:

COURSE CONTENT:

- **STRESS MANAGEMENT:** Breathing, stretching, time management, and relaxation.
- **ANATOMY AND KINESIOLOGY:** We will focus on how the body and its different systems and components relate to movement, injury prevention, and healthy living.
- **HISTORY:** We will study the lineage of various movement forms and how they influence present forms.
- **CONDITIONING:** Strength and flexibility training.
- **INJURY PREVENTION:** Addressing modifications and using props to aide in safe practices.
- **BREATHING TECHNIQUES:** Specific focus on how breath assists movement, stretching, relaxation and tension release.

Whole Body Wellness Specific Units:

Unit 1: Classroom Procedures, Foundational Postures, Basic Breathing Techniques
Assessment: Initial Physical Assessment

Unit 2: Aligning and Articulating the Spine, Skeletal System
Assessment: Vocabulary and Basic Concept Quiz

Unit 3: Application of Core Stabilization/Strength, 3 Part breath, Muscular System
Assessment: Student journal entries, Partner feedback

Unit 4: Connecting Upper Body to the Core/Spine, Articulation/Stretching/Strengthening of arms, hands and shoulder girdle
Assessment: Teacher observations, Terminology Quiz

Unit 5: Connecting the Lower Body to the Core/Spine
Articulation/Stretching/Strengthening of the pelvis, legs and feet
Assessment: Teacher observations, Terminology Quiz

Unit 6: Sun and Moon Salutations, Vinyasa Flow
Assessment: Students will create own Vinyasa Flow practice

Unit 7: Yoga and Pilates in Relation to Anatomical Systems: Organ, Skeletal, Endocrine, Muscular, Respiratory, Circulatory
Assessment: Students will focus on one system and present an overview of the qualities/function of the systems

Unit 8: Restorative Practices
Assessment: The students will be assessed based on their completed journal entries.

Unit 9: Yoga Family Poses: Inversions, Seated, Standing, Forward and Back Bends
Assessment: Physical observation by teacher and student partners

Unit 10: Props and modifications, Injury prevention, Rehabilitation
Assessment: Student reflection assignment of how to integrate the learned information into their personal practice

Unit 11: Personal Conditioning Plan
Assessment: Poster, Design a conditioning plan combining pilates and yoga exercise/poses

Unit 12: History of Yoga/Pilates and various movement forms (marital arts, folk dances, modern dance, ballet, etc...) Assessment: Group presentations, peer evaluations, test, cooperative learning

Whole Body Wellness EXPECTATIONS:

- 1- Please adhere to the Enloe High School Dance Department Rules.
No food, gum or drink in the dance studios. No shoes on the dance floor. Please change your clothes in the bathroom.
- 2 - Maintain a positive attitude, attentive focus, and a desire to do your best!
- 3 - Be punctual to class, wear proper attire and participate in class.
- 4 - Be prepared to start class 5 minutes after the second bell rings.
- 5 - Follow and adhere to the Enloe Honor Code

ATTENDANCE/MAKE-UP POLICY:

Attendance and active participation in class will contribute to a large part of your grade. You will receive a daily participation grade that will reflect your personal attitude, effort, and presence in the classroom. In the case of an excused absence, it is your responsibility to find out what you have missed and turn in the necessary assignments. I will be glad to assist you in catching you up on your make-up work so you can remain with the pace of the class.

Please follow the steps below:

- 1 - Contact teacher or homework buddy with the details of the assignment
- 2 - Complete the assignment within 2 days of the excused absence (no points will be given after 2 days)
- 3 - Senior Incentive for Good Attendance Policy/Exam Exemptions: please refer to the student handbook
- 4 - Students are required to join Remind 101 and parents are highly encouraged. Please refer to Remind 101 when absent for all pertinent deadlines & communications.

Students have 2 days to submit late work regardless of the type of absence. AP students (during AP exams) are expected to meet all deadlines. If a student is sick and has been aware of a deadline for more than one week, then the student is still required to submit their work on the assigned date unless they make prior arrangements.

Excused absences: When a student is injured or sick and is unable to participate during class, students are required to provide a doctor's not (WCPSS policy) in order to be excused.

TARDY POLICY - (school wide policy)

The first bell requires that you be inside the gym doors. Please arrive to my class no later than 5 minutes after the second bell rings. If you are more than 10 minutes late to class then it is counted as a daily absence. Please do not linger in the hallways before the class begins.

GRADING: *Based on Enloe Grading Scale. Theses grading practices are subject to change based on the school and county-wide policies. Please refer to the daily grade guidelines sheet for more grading procedures.*

- 50% Daily Grade (attitude, effort, quality participation)
- 25% Projects/Performance
- 15% Quizzes and Tests
- 15% Journal

Greer WBW Syllabus

Daily Grade Explanation: Students will begin each quarter with 100 points. Students will be graded on the following requirements: wearing proper attire, hair is secure, no gum chewing, no food or drink (water is permissible), performance level is high with a positive attitude and effort expended equals 100%. Below is a list of reasons for which points will be deducted from the daily grade. Every day the student is absent, 5 points is deducted from your daily participation grade.

One point deduction:

Gum chewing, hair is not properly secured, unexcused tardy, lackadaisical physical performance, drink/food in the studios, shoes on dance floor, changing in studio, negative attitude, unnecessary talking or disruptive behavior (deduct one point for each disturbance)

Three point deduction:

The student is not dressed in proper attire

Observation Days:

Due to sickness/injury, a student is required to observe class (with an excused note) and needs to complete an observation form. Without an excused note, the observation is worth 1 point. In the event that you come to class and choose not to dress out & participate with the class, you will be required to fill out an observation form and submit it at the end of class thus earning 2 points.

Long Term Injury/Sickness: The instructor will assign an appropriate project to the student.

INSURANCE:

Although safety is a constant consideration by our department, there is a possibility for injury and accidents. We urge you to purchase student accident insurance.

PLEASE SIGN AND RETURN THIS PAGE

I am looking forward to an exciting year. Enloe parents and students can call or email me anytime with questions and concerns. Thanks for your support.

SPECIAL NEEDS:

Please inform the instructor of any injuries or special physical conditions at the beginning of class. If you require any special assistance with any part of the learning process (special testing conditions, peer tutoring, a note-taking assistant) please let me know. I'll be happy to assist you in any way I can.

To the best of your knowledge has your student ever had any of the following health conditions that would prevent participation in physical activity? Please check any that apply:

	YES	NO		YES	NO
Allergies List:	___	___	Asthma	___	___
Respiratory conditions	___	___	Lung Conditions	___	___
Heart conditions	___	___	Rheumatic fever	___	___
Bone/joint pain	___	___	Surgery	___	___
			Please describe:		
Fainting spells	___	___	_____		
Kidney conditions	___	___	_____		
Epilepsy	___	___	Headaches	___	___
Sickle Cell	___	___	Mononucleosis	___	___
Blood conditions	___	___	Anemia	___	___
Diabetes (insulin?)	___	___	Liver Conditions	___	___
Bronchitis	___	___			

I understand and accept the expectations, policies and procedures for Ms. Greer's Whole Body Wellness class as outlined in the syllabus.

I understand the theft and belongings policy and agree to lock up all valuables. Parents/Guardians agree to assist and support their student(s) in protecting their personal property.

Student Printed Name: _____

Student Signature _____

Student email and phone: _____

Parent Printed Name: _____

Parent Signature _____

Parent email and phone: _____