

Health Education

SYLLABUS

Full year course, 1 credit course

Teacher: Mr. Brown
Room Location: #126

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Course Description:

- Welcome to Health! This class focuses on healthy lifestyle decisions and teaches these skills through various interactive teaching techniques. The units that we will cover this term include:

- Mental/Emotional/Social Health
- Violence & Injury Prevention
- Nutrition & Physical Activity
- Alcohol, Tobacco & Other Drug Prevention
- Human Growth & Development
- Career Exploration

The health education curriculum is guided by the **National Health Education Standards**.

- 1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.**
- 2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**
- 3. Students will demonstrate the ability to access valid information, products, and services to enhance health.**
- 4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**
- 5. Students will demonstrate the ability to use decision-making skills to enhance health.**
- 6. Students will demonstrate the ability to use goal-setting skills to enhance health.**
- 7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**
- 8. Students will demonstrate the ability to advocate for personal, family, and community health.**

Textbook(s):

- We will not be using a traditional textbook in this class. Instead, each student will have a Health workbook given to them, which is made up of all the material that we are going to cover during the semester. If lost, a new workbook must be purchased for \$10. A student can not get a final grade without a completed Health workbook.

Required Materials:

- The following materials are to be brought to Health class every day
 - Health Workbook (\$10 replacement fee if lost)
 - Two-pocket folder used only for health class
 - Loose leaf paper
 - Highlighter
 - Pen and/or pencil
 - Student ID

Grading Policy:

- Grades will be determined using a total points system (student points divided by the total amount of points offered in the course). All projects, tests, class assignments, and class participation points will have varying point values.

Whitmer High School Grading Scale:

- A = 100-90 B = 89-80 C = 79-70 D = 69-60 59 and below = F

STEPS FOR SUCCESS

1. Be in class on time and ready to learn.
2. Listen and follow directions.
3. Follow school rules and classroom procedures.
4. Use appropriate language at all times.
5. Turn in work on assigned date.
6. Respect others learning around you.

Major Course Projects & Assignments:

- Mental Health Research Project
- Personal Portfolio Project
- Advocacy Projects
- Drug Prevention Pamphlets
- Fitness Testing
- Diet Analysis
- Career Paper & Power Point

- **PLEASE HAVE YOUR AGENDA BOOK AND ID AT ALL TIMES. SOME ASSIGNMENTS WILL BE DONE ON THE COMPUTER, AND INTERNET ACCESS IS CRITICAL. MAKE SURE YOUR PARENT OR GUARDIAN HAS FILLED OUT INTERNET CONSENT FORMS.**

Participation in Class

- ONE person speaks at a time
- NO side conversations
- Respect given to those who share
- CONFIDENTIALITY

Homework Policy:

- Homework will be given approximately about two times per week. These assignments will consist of worksheets, projects, or some other type of work. Students will have a longer amount of time to complete assignments that require outside resources.

Late Work/Absent Work Policy:

- Students will lose points for work turned in late. Work that is turned in one day late is worth up to 75% of the total credit. Work turned in two to three days late is worth up to 50% of the total credit. Work will not be accepted for any points after it is three days late. It is the responsibility of the student to turn in missed work due to an absence. If a student is absent for two days in a row then he or she has two days to do the make up work.

Electronics Policy:

- Use of electronics in this class are strictly prohibited. I ask that all electronics be stored in a book bag or out of sight. Failure to follow this policy will result in after-school detention and potentially further punishment. **No exceptions!!**

Academic Honesty Policy:

- Students are expected to complete their own work at all times unless working on a group project. Cheating, plagiarism, or any other form of academic dishonesty will not be tolerated and dealt with appropriately.

Classroom Expectations and Consequences:

- Be on time every day (3 Times Tardy = Detention., 6 = Tuesday School, etc.)
- Have workbook and be in assigned seat by bell
- Participate in discussions; give respect when others are speaking
- Ask another student what was covered when absent. Further questions, ask me!
- Work cooperatively in groups when necessary
- Give teacher total attention when requested
- Water is permitted in its original bottle, healthy snacks are permitted
- No more than 4 hall passes per year
- Always have parental consent for internet usage (verification forms filled out)
- Do not keep others from learning or teacher from teaching
- Be a respectful, responsible classmate

Consequences:

- Verbal Warning
- Deduction of daily participation points
- Time after class and Teacher/Student meeting
- Phone call home
- Referral

Miscellaneous Information:

- My goal is to see that every student is successful! Being healthy will help everyone to live a longer life at a higher level of quality! If we can all live healthier lives, we can all live happier lives

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- If there are ever questions or concerns, do not hesitate to call or email me. I am here for all of you!!
 - After you and your parent have read through this TOGETHER, detach the bottom portion with BOTH signatures. This needs to be returned tomorrow for 10 points.
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We have read and understand the above information regarding Required Health class.

Students printed name _____

Student's Signature _____

Parent's printed name _____

Parent's Signature _____

Date: _____ Period: _____

Email to reach parent at: _____

Best time and phone number to reach parent at: _____

Comments and/or Concerns: