

COURSE TITLE: Health

Level of Difficulty	Estimated Homework	Prerequisites
Moderate	0-30 Minutes	District: None Department Suggestion: N/A

Course Description:

Comprehensive Health class (graduation requirement). Topics include mental illness, stress, stress management techniques, communication, refusal skills, decision-making, goal setting, drug prevention, reproduction anatomy and physiology, abstinence, contraception, HIV/AIDS prevention, nutrition education, physical activity, and muscle and bone anatomy(per. 1)

TOPICS TO BE COVERED:

1. General Health
2. Mental Wellness (Everfi)
3. Substance Abuse
4. Nutrition & Physical Activity
5. Family Life/Teen Talk

Curriculum Grading

90-100% A

80-89.9% B

70-79.9% C

60-69.9% D

59.9% and under F

Variations may occur between teachers

Syllabus:

Teacher: Mrs. Baum

Email: <mailto:lbaum@conejousd.org> or <mailto:lbaum@learn.conejousd.net>

“You can set yourself up to be sick or you can choose to be well” Wayne Dyer, Psychotherapist

Course Objectives:

This course strives to meet the needs of today’s teens by focusing on health issues from an adolescent perspective. Course topics are directed toward adolescent risk behaviors and acquisition of life skills. This course is designed to enable students to develop positive health-related attitudes and behaviors.

We cover vital health topics to take a closer look at your lifestyle and the choices you make that can affect your overall health and wellness.

Provide current information on health-related issues such as: nutrition, physical fitness, mental/emotional health, substance abuse, reproduction, STDs, infectious diseases and lifestyle diseases.

Students will be encouraged to make responsible decisions and evaluations – designed to provide students with the information necessary to encourage thoughtful and responsible decision making. Our goal is to have students support the values of the home and family. You will be armed with the knowledge to enable you to make decisions that will lead to a long, zestful and productive life.

We will be utilizing Canvas and hard copy assignments. All assignments and material will be available through this platform. There will be links to online assignments, Power points, activities, videos, quizzes, etc.. Students will also have the option to do assignments in hard copy form. Assignments will be utilized to reinforce the course content and will enable the student to successfully complete the summative assessments (tests and projects). All assignments will have due dates. If you have extenuating circumstances that make it difficult to submit an assignment on time, let me be taken multiple times to ensure mastery. In order to retake a test, all assignments leading to the test must be completed. Know in advance and I will work with you on an alternative date. Tests will represent 75% of the grade and assignments will be 25% . All tests can

Attempt to stay on top of your assignments so they don’t pile up. We will be having discussions in class and you are expected to participate in a respectful manner with an open mindset. Each student will need a Chromebook or device to access the internet. Phones are not acceptable to use in the classroom for assignments. Phones will be placed in the phone caddy upon entering the classroom.

Office hours will be Thursdays 1:45-2:25 If you need extra help or complete a make-up test you may meet with me then. Period 7- Thursdays and Fridays will have office hours from 2:30-3:30.

Period 7 will meet Monday, Tuesday and Wednesday in person. Thursday and Friday will be from home. You will have assignments to complete on your own. You must complete assignments at home to stay up with the class.

Class Rules:

Be respectful to all

Participate

Use appropriate language at all times!

Be Flexible to Change!

Grades will be determined by summative assessments and projects and will indicate the content the student has mastered. No extra credit!

A- 5- Exceeding Standards (90 -100%)

B- 4- Meeting Standards (80-89%)

C- 3- Approaching Standards, but key gaps in understanding(70-79%)

D- 2- Not yet met standards without assistance (60-69%)

F- 0- Insufficient evidence (has not completed assessments or projects) (below 60%)

General Rubrics for essay, reflections or short answer questions:

5- Complete comprehensive and thoughtful answers- complete sentences.

4- Mostly complete answers- not as thoughtful or as comprehensive as a 5 paper.

3- Incomplete sentences and thoughts. Brief, one to two word answers without much effort

2- one or two word answers. Incomplete- not all questions answered

0- no submission

Other Course Objectives:

Students will complete the Health course and will be able to:

Demonstrate ways in which they can enhance and maintain their health and well-being.

2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness.
3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.
4. Understand and demonstrate how to play a positive, active role in promoting the health of families.
5. Understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.
6. Understand the variety of physical, mental, emotional and social changes that occur throughout life.
7. Understand and accept individual differences in growth and development.
8. Understand their developing sexuality, students will learn about protecting their sexual health and choosing sexual abstinence.
9. Identify information, products and services that may be helpful or harmful to their health.
10. Understand how nutrition and physical activity can affect their health.