

# Health Class Syllabus

## Course Description:

This class is designed to look at how a person can promote wellness and positive health behaviors throughout life. Students will also be guided to an awareness of the creativity, with which God created each of us, an understanding of life, and how to take care of what God has given us in our earthly life in preparation of our eternal life.

## Course Objectives:

- 1) Grow in faith in Jesus Christ.
- 2) Identify ways to live a healthy life.
- 3) Identify negative behaviors that one should avoid in life.
- 4) Identify consequences for one's actions.
- 5) Learn how to obtain health information for one's self.
- 6) Learn how faith plays a part in one's overall wellness.



## Course Outline:

### Unit 1: (Chapters 1&2): Your Health and Wellness

- Intro to course. What is health? Health risks. Promoting wellness. Making responsible decisions.

### Unit 2: (Chapters 3, 4, 5): Mental & Emotional Health

- Expressing emotions in healthy ways. Stress. Mental disorders.

### Unit 3: (Chapters 10 & 11): Nutrition

- Maintaining a healthy weight. Body image & eating disorders. Importance of nutrition.

### Unit 4: (Chapters 12 & 27): Physical Activity & First Aid

- Benefits of physical activity. Improving fitness. Providing first aid. Responding to common emergencies.

### Unit 5: (Chapters 16 & 17): Reproduction

- Male & Female Reproductive systems. Beginning of the life cycle.

### Unit 6: (Chapters 20, 21, 22): Tobacco, Alcohol, & Illegal Drugs

- Health risks of each. Impact of abuse of each.

### Unit 7: (Chapter 13): Personal Hygiene

- Healthy skin, hair, nails, teeth, mouth, eyes, ears.

## Rules and Regulations:

- 1) All rules in the Family/Student Handbook will be followed during the school day.
- 2) Students should ONLY bring materials that pertain to this class, unless otherwise directed by the teacher.
- 3) **TEACHER PET PEEVE: Any student working on other subjects during class time will have it taken from them.** Whether or not the work is returned to them after class will depend on prior offenses. You need to be paying attention in class!!!
- 4) The teacher will handle all inappropriate behavior (talking, passing notes, sleeping, tardiness, disrespect, etc.) according to its severity.
- 5) **TEACHER PET PEEVE: Any copying or cheating on homework, projects, papers, quizzes, or tests will NOT be tolerated!** Any cheating or copying will result in an immediate 0% on that work. You may HELP others find where answers can be found, but DO NOT give answers. Everyone should do his/her own work! There is also a zero tolerance policy on plagiarism (*see the Student Handbook*).
- 6) If absent, you will have as many days as you were gone to make up any assignments, presentations, projects, or tests. If you were absent before the vocal announcement of an upcoming test, you will have a day to prepare for the test. If you knew when the test was going to be, you will make it up the day that you return. I usually try to give a week's notice before a test.

- 7) Students must be in the classroom before the second bell rings. If you are late because of a previous class, bring a pass. If you are worried about making it back to class in time after a bathroom break check with me before you go. Any late entrances will result in a tardy.
- 8) Food and drink (except water) are **NOT** allowed in class (unless given specific permission by the teacher).

*\*\*I am here to teach and help you learn. You are here to grow and enrich you mind. The best way to do that is to respect yourself, your classmates, and me. To receive respect, one must give it.*

**Grading System:**

The grading system that will be used in class will be the one that is in the student handbook. Extra credit opportunities may be available periodically throughout the year, which I will offer to the entire class. Take advantage of it as it is available. During the course of the year grades will be determined by the following requirements:

1. **Homework (40%)**
  - Projects
  - Quizzes
  - Class participation



2. **Tests (60%)**
  - Papers
  - Projects

**Homework Requirements:**

- 1) Students should keep **ALL** old tests, notes, worksneets, etc. throughout the course of the year. These will be valuable sources from which to study come finals time.
- 2) **TEACHER PET PEEVE: All homework must be turned in at the beginning of class when it is asked for.** Any homework turned in after it is collected will receive a late grade of 50% off. In other words...do not try to finish an assignment quickly at the beginning of class and turn it in 10 minutes after class starts. All late homework will only be accepted (for 50%) credit until the end of the quarter, after that it will be a 0%.
- 3) All homework, projects, etc. must be turned in on a clean piece of paper. I will not accept work written on the back of past assignments, notes, worksheets, handouts, etc.
- 4) Students will be required to take notes in a separate notebook/binder used only for Health class (or take notes on a personal electronic device, like a laptop). **We will be taking a lot of notes in this class and test questions will come mainly from those notes.** It is very important to keep up on your note taking. If you are absent you will need to copy the notes of someone you trust, or talk to me and I will give you a copy of my notes.
- 5) **Talk to me if there is an emergency situation and an assignment could not get done! I have no way of knowing the circumstances unless you communicate with me! Together we can decide what will be done.**
- 6) Class discussions are an important part of any class. Be ready to discuss views and opinions in class. This can be the most fun part of class if you make it that way!
- 7) If you have questions outside of class please feel free to see me before or after school, make an appointment to meet with me some other time, or call/text me at home **(507-848-6863)**. I don't mind helping you - it's my job! 😊

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not Your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:19-20*

