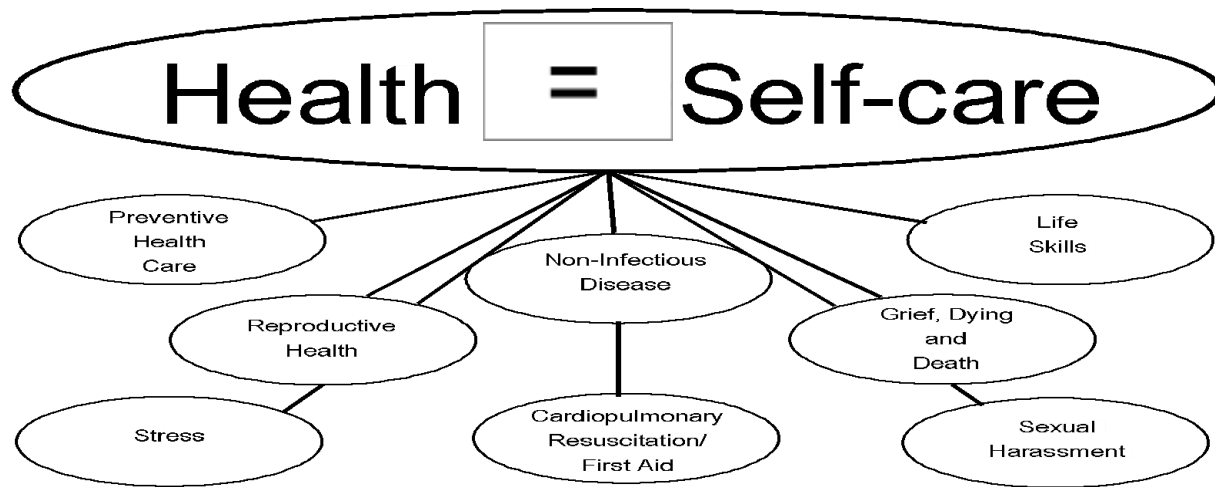


Health Course Syllabus

Course Content: Through an understanding of the following key issues, this course encourages students to accept personal responsibility for attaining and maintaining a healthy, independent lifestyle.



Students will develop skills that will make them health-literate adults. Students will gain a deeper understanding of the knowledge and behaviors they use to safeguard their health, particularly pertaining to health risks. Students are taught how to access accurate information that they can use to promote health for themselves and others. Students use problem-solving, research, goal-setting and communication skills to protect their health and that of the community.

The concept of health requires a balance of five components: physical, social, emotional, spiritual and mental health. Development of health-related components can contribute toward the prevention of disease and the promotion of health. Making choices and behaving in a way that maximizes your health are the strongest influences on your level of wellness. Healthful living requires an individual to ACT on reliable information, even if those actions mean breaking comfortable habits. As a consumer, you need to base your consumer choices on facts and reliable information. In an emergency, properly applied first aid can mean the difference between life and death.

Assessment/Evaluation:

Exams	Homework	Class Participation/Responsibility
Mid-term & Final exams	Projects	Presentations

Course Evaluation: The grade distribution will be as follows:

Nine Week Grade:		Final Course Grade:	
Projects	45%	Each Nine Weeks 40% x 2 marking periods =	80%
Exams	35%	Mid-term Exam	10%
Homework (participation/responsibility)	20%	Final Exam	10%
Total	100%	Total	100%

Attendance: Attendance is extremely important, “experience and research provide evidence that regular school attendance and sound academic achievement are related.” Participation is a component of a student’s grade, “consistent attendance is essential for full participation.” “Supporting the effort to improve student performance, a minimum number of days of attendance will be required in order to obtain credit for courses.” According to district guidelines, a student can miss no more than 15 days within a half-credit course.

To receive full credit, assignments must be neat, complete, accurate and turned in on time. Every assignment is of value. Therefore, every assignment should be completed to the best of one’s ability. Assignments are collected once at the beginning of the class period. Any assignment turned in after this collection time is considered late. Late work will not be accepted for a grade. Incomplete work will result in a reduced grade.

Make-Up Work: As outlined in student/parent handbook, ...

- "It is the responsibility of the student, upon returning to school, to contact the teacher for make-up work and to complete that work....
- A student will be given a reasonable amount of time for make-up work for absences. Generally, a student will be given two days after a single day's absence and five days after two or more days, unless the student was already aware of the assignment. Teachers may use their discretion to further extend the amount of time for make-up work.
- If a student fails to complete a test/assignment that has been rescheduled by a teacher due to an absence, the grade will automatically become a zero.
- If the student arrives late to school, he or she is responsible for contacting the teacher that day to take any test scheduled or submit work due that day.
- Failure of the student to contact the teacher or make-up within the time allotted will result in a zero for a grade.
- Students may make up all work missed during a suspension from school within the allotted time established above...."

Cheating/Plagiarism– Reminder, as per Student/Parent Handbook "It is unacceptable for students to receive credit for work that is not their own. Plagiarism occurs in a variety of ways. Students will be presented with information, from their teachers, to help them avoid plagiarizing work.

Consequences will be assigned to any student or students who deliberately cheat or cause others to cheat. The consequences will include, but not limited to, a zero being given for the assignment (test, quiz, project, midterm, final, homework etc.) where the cheating occurred as well as three full days of ISS for the first occurrence. Depending on the weight of the assignment where the cheating occurred, the student may fail the marking period or even the entire course. The teacher and/or administrator will notify parents and the appropriate guidance counselor as to what occurred. A student will be expected to redo the assignment (for NO credit) or take an alternate examination and turn it in to the teacher for evaluation.

Students having questions about the use of appropriate documentation for their work should speak with their teacher or the librarian. A research guide with MLA style is available for checkout from the library."

Extra Credit Assignments are offered throughout each marking. Students need to take advantage of these assignments when offered as they will not be available at the end of the marking period.

Class Expectations:

Student Behaviors:

- Be prompt
 - *Be ready to learn when class begins.*
- Be prepared
 - *Have materials with you and know due dates.*
- Be a polite and positive participant
 - *Speak in a normal tone of voice, and listen attentively.*
- Be productive
 - *Turn in work on time, and always do your best.*
- Be a problem solver
 - *Correct problems quickly and peacefully before they escalate.*

Show Respect:

- Value yourself. Be honest and ethical, and practice strong moral values.
- Treat all members of the school community and all visitors with politeness and respect.
- Honor the ideas and opinions of others.
- Offer to help.
- Be responsible for your actions as well as with property and belongings.

Promote Lifelong Learning:

You can develop lifelong learning traits:

- *By showing curiosity about human nature and how the world works.*
- *By seeking and valuing diversity.*

- *By persisting in seeking out new solutions.*
- *By using your unique talents and intelligence to promote positive change.*
- *By learning and applying technology tools to solve problems.*