

**Health
2018-2019
COURSE SYLLABUS**

Lima Central Catholic High School
Instructor: Deborah L. Huber
Phone: 567-226-9171
E-mail: dhuber@apps.lcchs.edu
Classroom: ST4

OVERVIEW

Health is a life science in which students learn about and discuss aspects of well-being they will need to consider both now and in the future. It involves a compilation of factors that interact with one another in the physical, mental/emotional, and family/social areas of their lives. Among the topics to be learned and discussed are many of the choices for which students become responsible as they begin their adult lives including: basic anatomy (physical health), first aid/CPR, fitness and nutrition, substance abuse, and sexual responsibility. Along with these topics, aspects of mental/emotional health, relationships, and becoming good health consumers will be discussed.

TEXT AND MATERIALS/SUPPLIES

- Prentice Hall: *Health*
- 1 ½" binder for class notes and class work, loose leaf paper
- Book cover (book should always be covered)
- Writing utensils (pen, pencil, grading pen)
- Colored pencils/markers and other material for making posters
- iPad (used only when instructed to do so)
- To be turned in the first week of school with student's name written on it.
 - Last name beginning with A-G: 1 box of tissues.
 - Last name beginning with H-Q: 1 pack of 5 or 8 small/medium poster boards
 - Last name beginning with R-Z: 1 roll of paper towels

COURSE STUDENT LEARNING OUTCOMES

After taking this course, students will be able to:

- Distinguish between wellness behaviors and risk behaviors
- Identify structure and function of basic human anatomy and strategies to maintain health
- Identify and practice health enhancing personal care habits and disease prevention strategies
- Analyze influences on wellness decisions and practice health enhancing behaviors
- Demonstrate healthy ways to manage emotions and stress and identify strategies to build self-esteem
- Examine various mental disorders and strategies to support mental health and emotional wellness
- Access valid information regarding mental health and emotional wellness
- Analyze internal and external influences on mental health and emotional wellness
- Use interpersonal communication skills to enhance mental health and emotional wellness
- Identify forms of dating abuse and violence and analyze their impact on individuals and society
- Advocate for self and others with regard to violence awareness
- Identify various classifications of tobacco, alcohol, and other drugs, and risks associated with substance use
- Set goals and make health enhancing choices regarding use of tobacco, alcohol, and other drugs
- Advocate for self and others with regard to preventing use of tobacco, alcohol, and other drugs
- Identify human sexual and reproductive anatomy and strategies to maintain sexual and reproductive health
- Identify sexual risk behaviors, situations that could lead to pressure to engage in sexual activity, and common sexually transmitted infections and their symptoms
- Evaluate health information sources in terms of reliability and validity

SCHEDULE OF INSTRUCTIONAL ACTIVITIES

This is the sequence, but pacing may vary.

First quarter: Units 1, 2, and 3

Second quarter: Units 4, 5, and 6

TESTING AND EVALUATION

If a student has more than five unexcused absences in any class, per semester, the work will not be accepted for future unexcused absences.

There will be 4 unit tests, one project-base assessment in the form of a debate, one performance-based assessment, and a final exam. The tests will each a combination of multiple choice, matching, true/false, fill-in, and/or short answer questions.

- Unit 1: Health. Chapters 1-4. Unit test.
- Unit 2: Safe Dating. Unit test.
- Unit 3: Nutrition and Digestion. Chapters 8-10. Unit test.
- Unit 4: Alcohol, Drugs, and Tobacco. Debate.
- Unit 5: Reproduction and STDs. Chapter 18-19. Unit test.
- Unit 6: Cardiovascular System and CPR. Performance-based assessment.
- Final Exam: There will be one comprehensive midterm (final) exam given at the end of the semester. It will be a combination of multiple choice, matching, true/false, fill-in, and/or short answer questions.

Absence: if a student is absent on the day of a test, he will be expected to make up the test at 7:30am morning he returns to school unless other arrangements are made. If more than one day is missed, other arrangements will be made, but the student must speak with the teacher the day he returns to school to make these arrangements. Students who does not check in with the instructor prior to school on the day of his/her return following an absence will be docked 10% each day until the test is made up.

Quizzes/labs:

There will be frequent quizzes.

Labs and lab activities will be done in class to demonstrate or investigate material being studied in class.

Absence: if a student is absent on the day of a quiz, he will be expected to make up the quiz the morning he returns to school. A student must talk with the teacher to make arrangements to take the make-up quiz at 7:30 am the day he returns to school and, if necessary, prepare to stay after school to complete this work. If more than one day is missed, other arrangements will be made, but the student must speak with the teacher the day he returns to school to make these arrangements. Students who do not make arrangements to make up quizzes upon returning to school following an absence will be docked 10% each day until the quiz is made up.

Assignments/Homework:

Assignments will be due at the beginning of class unless otherwise noted on Google Classroom. All work should be turned in to the designated binder when instructed to do so. Late work will NOT be accepted unless extenuating circumstances prevented the completion of work. Such circumstances must be determined/approved by Ms. Huber and may happen no more than 2 times in a quarter.

Absence: work due the day the student is absent is due the day he returns to school. All work will be posted on Google Classroom. It is the student's responsibility to find out what was done in class, what work is due, and when it is due. iPads should go home with the student each day. If a student is absent, he can still keep up with the assignments at home and nothing should be late when he returns to school. A student should meet with the teacher the day he returns to be sure he receives any instructional materials he may have missed during his absence that was not posted on Google Classroom.

Participation/pop quizzes:

A participation grade will be given based on ungraded assignments and in class participation. To be successful, answer questions, ask questions, complete assignments in a timely manner, and follow instructions.

Pop quizzes may or may not be given. The schedule will be posted on Google Classroom. Be prepared for each class.

Grading Scale:	Percent %	Letter Grade
	100	A+
	95-99	A
	92-94	A-
	89-91	B+
	86-88	B
	83-85	B-
	80-82	C+
	77-79	C
	74-76	C-
	71-73	D+
	68-70	D
	66-67	D-
	0-65	F

INSTRUCTOR EXPECTATIONS**Materials:**

- ☐ All students are required to bring all materials, including a notebook, text, their iPad, and writing utensils every class period.
- ☐ Students will NOT be allowed to go to lockers to get materials they did not bring to class.

Behavior:

- ☐ Students must be respectful of all school property and the property of other students at all times.
- ☐ If a student damages school property, they will be financially responsible for its replacement and may have disciplinary consequences as well. The student handbook will be followed and administrators may be involved.
- ☐ If a student damages another student's property, they will be financially responsible for the replacement of the property there will be disciplinary consequences.
- ☐ Disciplinary measures taken could include demerits, detention, and/or removal from class. The student handbook will be followed and administrators may be involved.
- ☐ Students will be silent during announcements, when others are speaking, and during prayer at the beginning of each class.
- ☐ Talking during announcements, when others are speaking, or during prayer will result in disciplinary action that could include loss of participation points, demerits, detentions, and/or removal from class.
- ☐ Students will actively participate in all class work without being disruptive and will follow lab safety rules when participating in labs.
- ☐ Non-participation will result in loss of participation points and/or demerits.
- ☐ Sleeping in class will result in detention and/or removal from class if this occurs more than once.
- ☐ Breaching lab safety rules or lab instructions will result in expulsion from the lab and a 0 grade for that lab.
- ☐ If this occurs more than once, the student will not be allowed to participate in class labs and will have to make up work as assigned.
- ☐ Students are expected to remain attentive in class. Working on other assignments/preparing for other classes will not be tolerated during class.
- ☐ Loss of participation points, demerits, detentions, loss of work (for the other class) may result. Teachers from the other class will be notified and may also decide disciplinary action.

iPads:

- ☐ iPads are to be used only when instructed to do so or when students have special permission to use them.
- ☐ Notes are to be hand written, as learning is more effective when notes are written rather than typed.
- ☐ iPads used for any purpose other than classwork as instructed will result in demerits, detentions, or loss of the iPad.
- ☐ If games are being played during class loss of iPad for the rest of class and a detention will result without warning.
- ☐ Using iPads to work on other classwork is not acceptable and will result in loss of iPad for the rest of class, erasing of work completed, demerits, and notification to the teacher involved.

Please let me know if you are struggling in the class....before material is tested and before the end of a grading period. Use study halls wisely. Peers are available to help or National Honor Society students are generally available on Thursdays after school for tutoring. I will also be available before and after school and by appointment. Please feel free to approach me if/when you have a problem, including emailing me in the evening if you have questions. I urge that you come and see me with any concerns. I am looking forward to a great semester. Let's work together to make your semester of Health class an enjoyable experience!!

This syllabus can be changed at the discretion of the lead instructor or chair of the department with advance notice.

I have read and I understand the 2018/2019 Health syllabus.

Student's name:_____ Student's signature:_____

Parent's name:_____ Parent's signature:_____