

Syllabus Freshmen Health

School: Crook County High School

Course Title: Health I Freshmen Health

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Course Description: Health I is planned and designed to provide decision making skills for individual health in fitness, wellness, relationships, stress, substance abuse, sexuality, AIDS, food/nutrition and healthy lifestyle choices.

Learning Standards: (Critical Content Power Standards)

At the end of the course, the student will be able to understand:

- Wellness using the health pyramid
- How to set goals and utilize the decision making model to minimize risk behaviors.
- The components of overall physical fitness for life
- The food pyramid and the impact of food choices and overall health.
- The concepts of good mental health and “coping skills” for stressful situations.
- The components of mental, social and physical health.
- Human sexuality, including STI prevention, promoting healthy relationships and personal responsibility.
- Recognize the traits of health relationships, impact of peer pressure on behaviors and develop an understanding of healthy family relationships.
- Recognize the harmful effect of substance abuse on the body and society.
- The components and functions of each body system and how lifestyle choices impact the human body.
- The basics of disease transmission, prevention, and treatment.

Materials:

Texts: Glencoe – Health and Wellness. Access the text online at <http://www.glencoe.com/> The same text is available in book form in the classroom.

Films, Video/Other Electronic Media: Periodic educational films will be shown along with PowerPoint Presentations and video feeds from the internet. Films may include Super Size Me, Nova-Life’s greatest miracle. Contagion, Fat Boy Chronicles, Bully.

Notification of the Right to Object to the Use of Materials

Any resident of the district may raise objection to instructional materials used in the district's educational program despite the fact that the individuals selecting such materials were duly qualified to make the selection and followed the proper procedure and observed the criteria for selecting such material.

The first step in expressing objection is consultation with the classroom teacher or library staff and providing a brief written complaint. The staff member receiving a complaint regarding instructional materials shall try to resolve the issue informally through the discussion of the original assignment or the opportunity for an alternative assignment.

If not satisfied with the initial explanation or an alternative assignment, the person raising the questions will meet with a building administrator who, if unable to resolve the complaint, will provide a Request for Reconsideration form which will be given to the superintendent for action.

Evaluation (Grading)

Grades may be comprised from scores in any of the following

- Daily Bell/Dinger Quizzes
- Daily assignments/homework
- Projects
- Presentations
- Quizzes
- Films
- Exams
- Class Participation
- Citizenship

Grading Scale

The grading scale is weighted with a computer program. 90% of the grade is assessed from tests, quizzes and different types of summative assessments.

10% of the grade comes from the other methods mentioned above.

A = 90%

B = 80%

C = 70%

D = 60%

F = 50%

Assessing student grades:

All students will have their grades posted by student ID numbers in the classroom. Grades will also be posted on the school website throughout the year. Access this information on the Internet using the students' ID number and PIN number.

Makeup Policy: Make-up, late work or any class activity missed due to an absence, must be completed within two weeks of the original assignment date. Students are allowed two additional attempts to pass assessments after study guide packet. **NO ASSIGNMENTS OR RETAKES WILL BE ACCEPTED TWO WEEKS AFTER ASSIGNED DATE.** Assignments missed due to **unexcused absence** cannot be made up.

Freshman Health Syllabus

Student

Name: _____ Period: _____

Parent/Guardian Contact Information:

Name(s): _____

E-mail: _____

Home Phone: _____ Work Phone: _____

I prefer to be contacted by: Home Phone Work Phone E-mail

I have read the Freshman Health syllabus and understand all of the information provided. I also understand that I can check my child's grade anytime through the districts school master program. I will send an email to Mr. Cochran at ryan.cochran@crookcounty.k12.or.us if I have any questions or concerns.

Parent/Guardian Signature
