

# ***HEALTH SYLLABUS***

## **Basic Information:**

- Term Class (1/2 credit)
- Required course for graduation
- Prerequisite: Sophomore or higher

## **Description:**

Health is a course designed to provide students an opportunity to examine and increase their basic knowledge of healthful living. Thought and discussion are encouraged. A major goal is for each student to take personal responsibility for their health and well being while attempting to make positive lifestyle changes.

## **Areas Covered:**

- Personal Health/Hygiene
- Nutrition, Diet, and Other Related Issues
- Substance Abuse and its Affects on the Body
- Mental Health and Psychological Development
- Sex Education – sexual awareness, physical and emotional changes, Sexually Transmitted Diseases.
- IF YOU HAVE ANY QUESTIONS REGARDING THESE TOPICS PLEASE SEE ME IMMEDIATELY.

## **Grading:**

- Daily assignments- 10 points-30 points
- Major projects- 30 points or higher
- Class participation- discussions/group work
- Extra Credit assignments are available to raise a student's grade
- ½ credit (of the students final score) will be given when assignments are LATE
- The teacher Will Not accept LATE assignments when quarter/semester is done
- Assignments MUST be turned in at the beginning of class hour (upon teacher's request) in order for you to get full credit. Will be considered LATE if handed in during class time.
- If ABSENT- you will have 1 week to get your assignment in for full credit- otherwise ½ credit will be given. You must write on your assignment that you were absent- and matches my records of when you were gone.

## **Attitude and RESPECT:**

- Every student in my class SHOULD be treated with RESPECT!!
- Please be attentive toward others opinions on the topic at hand.
- If you fail to comply with the STUDENT HAND BOOK RULES at anytime during my class, you will be sent to the office for further consequences.
- Every student thrives to learn something new every day. Don't destroy that opportunity for them in my class with rude and disrespectful behavior.

