

Health Syllabus

**Teachers: Coach Chapman Room: 707**

**Email: Chapmni@richmond.k12.ga.us Text: Essential Health Skills for H.S.**

 **Course Description:**

Health is a semester course that will guide students through the many dimensions of wellness. Students will develop skills needed in confronting difficult situations; understand health prevention and promotion techniques that will establish a solid personal health education; and become health literate in making positive and healthy decisions.

 **Class Expectations:**

1. Students are expected to be **RESPECTFUL** of the rights of others. Raise your hand before speaking. Be quiet while others are talking. Health class is not a time to catch up on a nap! Respect all property in this classroom! If it’s not yours, **LEAVE IT ALONE**!

2. Students are expected to follow the school rules and codes.

3. Students will be in the classroom and in your seat before the tardy bell.

4. Students are expected to be present and organized every day. Make sure you have all materials for class.

5. Attendance is an **ESSENTIAL** part of learning! Students are responsible for missing work when they return from an absence. It is **YOUR** responsibility to see me as soon as possible. I will not hunt you down to make up work. Also, if you are absent the day before a known assignment is due, you will still be responsible for that assignment on that returning day! (test, projects, etc.)

6. Students will be given **FIVE** days to complete the makeup work.

7. If a student misses a test, the test **MUST** be made up within five school days or a 0 will be given. Also, the test must be made up when convenient for the both of us (not during class)!

8. Cheating/Plagiarism will NOT be tolerated!

9. Expect yourself to **SUCCEED**!

10. If you need help, **ASK**! If you don’t understand, **ASK**! If something is wrong, **ASK**! If you need anything, **ASK**!

**Class Requirements and Materials:**

1. Composition Notebook (MUST HAVE)
2. Pen/Pencil

**Course Evaluation and Assessment**

Students are expected to participate in class activities. Grades breakdown for Report Cards

* 40% Major Grades – Quizzes & Exams
* 60% Minor Grades – Classwork, Discussion Questions, Skill-Building Activities, & Projects.

**Grading System**

The grades reported may be interpreted as follows:

90 – 100 A – Mark of distinction

80 – 89 B – Very creditable work

75 – 79 C – Average work

70 – 74 D – Below average

0 – 69 F – Failing; no credit given

**Course Outline:**

Below is an outline of the Units and Chapters that we will be covering in Health this semester. The below list is subject to change at any time during the semester.

 Unit 1: Promoting a Lifetime of Health & Wellness

 Chapter 1 – Health & Wellness Fundamentals

 Chapter 2 – Health & Wellness Skills

 Chapter 3 – Interpersonal Skills

Choosing Your Best: Journey

 Lesson 1 – Setting Goals

 Lesson 2 – Making the BEST Decisions

 Lesson 3 – Avoiding Pregnancy

 Lesson 4 – Avoiding STDs

 Lesson 5 – Developing the BEST Relationships

 Lesson 6 – Choosing the BEST Journey

 Lesson 7 – Overcoming the Pressure

 Lesson 8 – Being Assertive

Unit 2: Being Mentally & Emotionally Healthy

 Chapter 4 – Promoting Mental & Emotional Health

 Chapter 5 – Shifting to Positive Thinking

 Chapter 6 – Managing the Stress in Your Life

 Chapter 7 – Understanding Mental Illness

Unit 7: Understanding Disease & Disorders

 Chapter 18 – Communicable Diseases

 Chapter 19 – Sexually Transmitted Infections and HIV/AIDS

 Chapter 20 – Noncommunicable Diseases

Unit 3: Developing a Healthy Lifestyle

 Chapter 8 – Following a Healthy Diet

 Chapter 9 – Having a Healthy Body Image

 Chapter 10 – Engaging in Physical Activity