



**Cross Creek High School**  
**Department of Health and Physical Education**

**Teacher:** Colandra B. Davis

**Class:** Health

**Location:** Health Classroom/Gym

**Class Type:** Required

**Credit:** ½ Credit

**Contact Information:** [davisco@richmond.k12.ga.us](mailto:davisco@richmond.k12.ga.us)

**Course Description**

Health emphasizes the importance of knowledge, attitudes, and practices relating to personal health and wellness. It is a course designed to expose students to a broad range of issues and information relating to the various aspects of personal health, which include the physical, social, emotional, intellectual, and environmental aspects. Topics of exploration include, but are not limited to nutrition, physical fitness, stress, weight management, alcohol and drug awareness, sex education, etc.

**Course Assessment Plan**

**Minor Assignments – 60%** (Daily Warm-ups, Assignments, Wrap-ups, etc.)

**Unit 1: Promoting a Lifetime of Health & Wellness**

Ch. 1 Health and Wellness Fundamentals

Ch. 2 Health and Wellness Skills

Ch. 3 Interpersonal Skills

**Unit 2: Being Mentally & Emotionally Healthy**

Ch. 4 Promoting Mental and Emotional Health

Ch. 5 Shifting to Positive Thinking

Ch. 6 Managing the Stress in Your Life



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**Unit 3: Establishing Healthy Relationships**

Choosing the Best Curriculum

Ch. 15 Violence Prevention and Response

**Unit 4: Avoiding Hazardous Substances**

ADAP Curriculum

Ch. 11 Vaping and Tobacco

**Unit 5: Protecting Your Health**

Ch. 16 Personal Safety

Hands Only CPR

**Unit 6: Developing a Healthy Lifestyle**

Ch. 8 Following a Healthy Diet

**Assessments (Major assignments) – 40%** (Assessments will be given at the end of each unit.).

**Classroom Expectations**

**Respect yourself.**

Students will respect themselves by taking responsibility for their educational experience. Arriving to class on time, adhering to the dress code, and giving maximum effort are examples of respecting self.

**Respect your respective communities.**

Students will respect their communities by being a positive model student. No matter the environment, students should strive to model behavior that is above reproach.

**Respect authority.**

Students will respect every authoritative figure in their community. Any adult that is an employee of Richmond County School System is defined as an authoritative figure as well as any adult visiting the school building. We all have definitive roles within our communities and should adhere to the expectations of such roles



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**Supplies and Materials Needed**

Laptops to complete CANVAS assignments (students who do not have access to a mobile device will be provided with the technology needed to access assignments)

**Make-up Policy**

If the student misses an assignment and/or test due to an excused absence, it is his/her responsibility to complete assignments missed during their absence. Makeup work is to be turned in no later than 5 days from the date the excuse was given. If the student misses a test, it is his/her responsibility to schedule a time with me to make it up. If the student does not complete an assignment and/or test in the given time frame, he/she will receive a zero. Please be aware that it is mandatory to pass this class to graduate!

**Academic Honesty**

The integrity of students and their written and oral work is a critical component of the academic process. If at any time the student is required to complete a written assignment, it should be individual work unless otherwise instructed. The submission of another's work as one's own is plagiarism and will be dealt with accordingly. Also keep in mind that allowing another student to copy one's work is considered cheating and thus qualifies as academic dishonesty.

**Grading Scale**

**A: 90 – 100**

**B: 80 – 89**

**C: 75 – 79**

**D: 70 – 74**

**F: 0 – 69**



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**Health Syllabus Acknowledgement Slip (2023-24)**

By signing this document, I acknowledge & agree that I have read and thoroughly understand the expectations, rules, and procedures that are expected of me as a student enrolled in this course. I realize that I am responsible for all the rules, regulations, procedures, and course requirements set forth in this class, and the RCSS student handbook, and I will be held accountable for the contents of this class and supporting documents. I further agree that should I have questions regarding the information contained in the syllabus I will discuss them with my coach/teacher.

**Print Student's Name:** \_\_\_\_\_

**Student's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

By signing this document, I acknowledge & agree that I have read and thoroughly understand the expectations, rules, and procedures that are expected of my child as a student enrolled in this course. I realize that my child is responsible for all the rules, regulations, procedures, and course requirements set forth in this class, and the RCSS student handbook, and he/she will be held accountable for the contents of this class and supporting documents. I further agree that should I have questions regarding the information contained in the syllabus I will discuss them with my child's coach/teacher.

**Print Parent's Name:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_