

**Coach Russell's Health Course**

**COURSE INFORMATION**

**Title:**Health Education (.5 credit)

**Location:**Room 817 (NEW GYM)

**Instructor:**Coach Russell

**Phone:**706-592-2089

**Email:**[russeko@boe.richmond.k12.ga.us](mailto:russeko@boe.richmond.k12.ga.us) Remind Code: 32bdk3e

**Planning Period:**7th period

**COURSE DESCRIPTION**

**THIS CLASS IS A GRADUATION REQUIREMENT AT THE HIGH SCHOOL LEVEL!**

The health class is aimed at equipping students for lifelong decision-making and problem-solving skills related to health and wellness issues that will affect you as individuals and families. The primary emphasis is on enabling students to assume an active role in developing healthy lifestyles. The curriculum includes the following:

* mental health and wellness
* alcohol and drug education
* diseases and body systems
* cardiopulmonary resuscitation
* human sexuality, social and personal responsibility
* accessing community health resources
* **You will also receive instruction on the ADAP for your drivers permit & Hands only CPR**
* **ADAP certificate will be received from the front office IF you pass the ADAP test at the end of course.**

***MATERIALS NEEDED EACH DAY:* Notebook, Pen or Pencil & Laptop for work in CANVAS as well as work submitted in CANVAS**

***CLASS EXPECTATIONS***

**Students will bring their notebook, laptop, and a pen or pencil every day. You will need tennis shoes on Fridays of each week.**

* Students will save all class notes in their spiral notebook, which remains in the classroom.
* Punctuality is important; students should be in their seats and ready to start when the bell rings.
* Respect should be shown to both the teacher and fellow students.
* NO Cell phones and electronic devices.
* Devices are not to be plugged into outlets without the instructor's permission. (laptops)
* Food and drinks are not allowed in the classroom.
* Students are expected to remain engaged and attentive; no laying heads down or sleeping during class.
* In case of illness, arrangements will be made to contact the nurse and allow the student to call home.
* Students should come prepared to learn and embrace challenges.

***CLASS GRADING***

Your grade will be determined by an accumulation of points on the following

**MAJOR GRADES**: 40% of grades include Chapter-Tests, project-based assignments and other assignments to measure mastery of the target learning goals.

**MINOR GRADES:**60% of grades include quizzes, notebook checks & participation in fitness activities in the gym/outdoors. This will include the Skill Based Health Lab in gym on Fridays.

A = 90-100 B=80-89 C=75-79 D=70-74 F=69-below

**Make-Up Work (Grading Policy)**

Students are expected to make-up assignments and assessments that were missed due to absence from school within 5 school days of their return. Students are expected to check the WAG from the school website to see what was missed and are responsible for asking teachers for the make-up work upon returning to class (after class). When the announcement is made on designated makeup days, students are expected to report. Students will be allowed to make-up assignments on designated make-up days.

**Relearn and Reassess Plan**

For any major assessments, students will have the opportunity to submit a relearning plan for parent and teacher approval. Upon satisfactory completion of the plan, as determined by the teacher, students will be given a minimum of ONE opportunity to be reassessed. Only students scoring below 70 on a major assessment can complete a relearning plan unless exempted with parent approval.

o Reassessments may be different from the original.

o The reassessment score will replace the original score (the scores will not be averaged).

o Reassessments should be completed within 7 school days of receiving the original grade. Teachers should have discretion to extend the timeline to address extenuating circumstances.

See teacher class page for Relearn/Reassess Contract

**Acknowledgement of changes**

Please be aware that the syllabus is subject to change throughout the course. Any changes to the syllabus will be communicated promptly via Email or Remind, and it is the responsibility of students and parents/guardians to stay informed of any updates.

***Tardy & Absence Policy:***

* We will follow school and district procedures involving absence & tardiness.
* If a student is absent, it is their responsibility to communicate with the teacher about missed work and make up for it promptly. All work is posted on CANVAS as well as online textbooks.

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**Contract Acknowledgment**

Student Contract: I understand that all work should be completed on time. I understand that my teacher may deduct five points per day and communicate this in my Infinite Campus gradebook. I also understand that work turned in after the learning has occurred may not be graded (no more than 5 school days from the due date). I understand that using Artificial Intelligence to complete assignments where I am asked to produce original work will be considered Academic Dishonesty

Please do not hesitate to email or phone me if you have any questions.

STUDENT NAME:     Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

  Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN NAME: Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

          Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OTHER INFORMATION**

Please let me know if there is any other information, I should know about your student to help him/her be more successful in this class. If you wish, you may email me at [russeko@boe.richmond.k12.ga.us](mailto:russeko@boe.richmond.k12.ga.us)