**Health Syllabus 9th grade**

Mrs. Knapp

2010-2011

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**Course Description:** The high school health education course is designed to teach students the knowledge, skills, and behaviors necessary for them to live healthy lives. Students will become aware of what they can do to become healthier individuals and will develop skills to implement positive changes. Please keep in mind that this is a half year course

# **Overview:** The following units will be covered throughout the year in accordance with National and State Standards.

* Health and Your Wellness
* Nutrition
* Violence Prevention
* Alcohol, Tobacco, and Drugs
* Communicable/Non-communicable Diseases
* Relationships and Human Sexuality
* Safety or Sleep Unit

**Classroom Expectations:**

* Students are expected to be in their seat when the bell rings and prepared and ready to learn

\*3 tardies will lead to a lunch detention and affect the overall grade

* Students are expected to maintain a safe and clean environment
* Electronic devices including cell phones are not permitted and will be confiscated
* In order to leave the classroom, students must ask permission and use their planner
* Class attendance is necessary for classroom success. It is the student’s responsibility to make up missed work upon return.

**Behavior Expectations:**

* Everyone in the classroom will be respectful of others and their opinions
* Each person will have the opportunity to express himself/herself without judgment
* Individuals will make an effort NOT to dominate or monopolize discussions
* Students are expected to participate in all activities

**Environmental Expectations:** In Health class, sensitive topics are sometimes discussed; therefore, the following guidelines have been put into place:

* Each individual has the right to pass
* There are no dumb questions/comments
* One person speaks at a time
* Confidentiality is a must unless the person making the comment is a threat to self or others
* No names of family members or friends should be discussed when sharing personal stories
* No personal questions should be asked of other students or the teacher
* Medical/correct terminology should be used

**Materials:** *Lifetime Health* (Replacement cost $50.00), pen or pencil, health binder and planner)

**Tardy Policy:** 3 tardies = after school detention

**Late Assignments:** Late assignments will **NOT** be accepted, although you will have 1 day for each day you are absent to make up work.

**Preparation/Participation:** Preparation/participation includes being on time for class, being prepared, sharing thoughts, questions, and answers, and taking part in all class activities.

**Grading:** Grades will be based on in-class activities, outside assignments, class participation, projects, tests/quizzes, and homework.

Your final will be a community service project which will be worth 20% of your total grade.

Please take time to review this syllabus with your child. Returning the bottom section to me is your child’s first graded assignment.

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**Health**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Due Date:**

I have read and understand this syllabus. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Student signature)

I have read and reviewed this syllabus with my son/daughter. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Parent/Guardian Signature)