

**SYLLABUS**  
**Centennial High School**  
**2018-19**

<b>Course #:</b> 8720	<b>Teacher Name:</b> Mrs. Daeger
<b>Course Name:</b> Healthy Living	<b>Room Number:</b> W602 <b>Phone #:</b> 763-792 -5076
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<b>Schoology Codes:</b> 1st Hour: 3FD73-GCDJQ 4th Hour: ZJZ78-9M94M 5th Hour: W6W3V-C5Z66 6th Hour: WGVMF-Z22DH	Students are required to log into the class schoology site. There will be assignments and readings on the schoology page.
<b>Prerequisite:</b> None	<b>Credit Earned:</b> .5

**Course Description:**

Health is a required course to help students access information and learn skills needed to become health literate, maintain and improve health, prevent disease and reduce health-related risk behaviors. Our research project includes understanding decision-making, planning and completing an in-depth study on a priority health topic including community resources. The six priority health areas are: nutrition, physical fitness, tobacco use, alcohol and other drugs, intentional and unintentional injuries; diseases and HIV/STI's/unintentional pregnancies.

**Course Objective:**

Students in this course will:

- Evaluate and learn how to maintain and promote a healthy lifestyle.
- Identify characteristics associated with good mental health and describe strategies to improve it.
- Upon successful completion of the CPR course, have the option to receive a two year certification from the American Red Cross.
- Explain the nutritional and fitness principles needed for optimum health and disease prevention.
- Describe chemical use, abuse, dependence and the effects of drugs on society.
- Demonstrate how to communicate effectively and make responsible decisions.
- Analyze relationships that occur throughout the life cycle as they relate to physical, social, emotional, mental and spiritual health.
- Use "abstinence" based skills toward their sexual health. Review the reproductive system and understand how to prevent the transmission of sexually transmitted diseases including AIDS. Understand and apply knowledge that promotes positive sexual and reproductive practices. Recognize contraception is not 100% effective in preventing HIV/early/unplanned pregnancy and all other STIs, and identify resources in their community if they have concerns regarding HIV/STIs and pregnancy.
- Discuss methods for resolving conflicts without using violence.
- Learn functions of body systems.

**The following units will be covered during this course:**

- Wellness
- CPR, First Aid
- Nutrition/Physical Fitness
- Tobacco, Alcohol, and Other Drugs
- Mental and Emotional Health
- Human Growth and Development/Sexually Transmitted Diseases/HIV
- Body Systems/Anatomy

**LEAP** hour provides all students the opportunity to receive academic support, complete missing work, and complete or re-take assessments. Test Centers are available in each building and students will be expected to complete missed tests. Health classroom support will also be available for remediation, missed lessons, clarification. This schedule will be posted in each classroom.

**Attendance:**

See student handbook for the attendance policy.

**Tardies**

See student handbook for tardy policy

**Behavior:**

See student handbook

**Materials Needed:**

1. Notebook
2. Folder
3. Pencils/Pens

**Misc:**

**Electronic Devices, Cell Phones, Pagers, Laser Pointers**

Cell phones, CD players, headphones, games, and other electronic devices are permitted in our classroom at the teacher's discretion for educational purposes. Violation of these guidelines will result in the confiscation of the equipment by school personnel. The equipment may only be returned by a counselor and/or the administrator after a conference with the student and his/her parent. All component of the phone or other electronic equipment must stay with the device (i.e. SIM card, batteries etc.) The school will not be responsible for damage to, or theft of, any electronic equipment that students choose to bring to school.

Cell phones/Electronic devices consequences are as follows:

- 1<sup>st</sup> Offense-device taken, parent pick up
- 2<sup>nd</sup> Offence-device taken, 1 day of ISS – parent pick up
- 3<sup>rd</sup> Offence-device taken, 1 day of OSS-parent pick up
- 4<sup>th</sup> Offence-device taken, 3 days of OSS-parent pick up

Laser pointers are not allowed in the school building because of their association with possible vision problems and other health concerns.

**Dress Code**

Follow the guidelines in the student handbook.

## **Homework and Tests**

Complete all assignments on time to receive credit. Projects must be completed on time.

## **Late Work**

All work must be received before the unit test. Work received after the unit test is subject to decreased credit.

## **Make-up Work/Retake Policy**

For every day absent, you have two days to make up daily work. However, it is up to you to get the notes and assignments. You can make up tests during LEAP, before or after school. If possible, please inform the teacher if you are going to be absent from class.

Centennial High School believes each student deserves the opportunity to learn, we have adopted a course reassessment procedure.

## **Health Reassessment Procedure**

- Students must complete all work from the unit in order to retake
- Students must complete a retake form and set up a time with the teacher to complete the reassessment.
- You will receive whatever score is better
- The retake will be an alternative assessment
- Only one retake is allowed per test

## **Grading**

Health is a required class to graduate.

There is no rounding up or down of percentage points.

## **Health Department Grading:**

35% = Formative Assessments (Daily work)

55% = Summative Assessments (Unit Tests)

10% = Class discussion/participation

### **GRADING**

A = 100 – 93	C- = 72 – 70
A- = 92 – 90 (Exemplary work – 90%-100% mastery of subject goals)	D+ = 69 – 67
B+ = 89 – 87	D = 66 – 63 (Mediocre work – 60%-69% mastery of subject goals)
B = 86 – 83 (Proficient/thorough work – 80%-89% mastery of subject goals)	D- = 62 – 60
B- = 82 – 80	NC = 59 – 0 (Unacceptable work – less than 50% mastery of subject goals)
C+ = 79 – 77	
C = 76 – 73 (Acceptable work – 70%-79% mastery of subject goals)	

## **Textbooks**

A set of classroom books will be provided. If you want your personal copy to take home, you will need to check one out from the Media Center.

### **Health Honors Option**

The honors option in health is designed for those students who are able to do excellent work in the regular class and have the time and interest to do additional and more difficult assignments. All honors work must be completed two weeks before the semester ends.

If you are interested in health honors option, let the teacher know. There is a contract to be completed and a meeting for those interested to get more information. This meeting will be as soon as possible, either before or after school because of the necessary deadline to complete the course work.

Mrs. Amanda Daeger

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