

SYLLABUS
Centennial High School
2018-19

Course #: 8720	Teacher Name: Mrs. Daeger
Course Name: Healthy Living-Hybrid Online Class	Room Number: W602 Phone #: 763-792 -5076
Semester 1 X Semester 2	E-Mail: adaeger@isd12.org
Schoology Code: NB69X-T4J6P	
Prerequisite: None	Credit Earned: .5

Course Description:

Health is a required course to help students access reliable information and learn skills needed to become health literate, maintain and improve health, prevent disease and reduce health-related risk behaviors.

Course Objective:

Students in this course will:

- Know 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.
- Know the nutritional and fitness principles needed for optimum health and disease prevention.
- Understand chemical use, abuse, dependency and the effects of drugs on individuals and society.
- Know how to communicate effectively and make responsible decisions.
- Understand relationships that occur throughout the life cycle and how 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 STI’s and identify resources in their community if they have concerns regarding any health issues.
- Discuss methods for resolving conflicts without using violence.
- Learn functions of body systems.
- Explore health related careers.

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 Infections/HIV

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.

Course Expectations:

1. Use Schoology to complete assignments on time
2. Attend CPR training (offered before/after school and during leap)
3. Participate in online discussions.
4. If you should fall below a C at any point- you will be required to attend my Leap office hours until you get your grade up.

Credit will be granted when all course expectations have been met.

Attendance:

Students will be required to attend a few in person sessions during the CPR unit to test skills.

Materials Needed:

1. Computer (School computers are available before/after school or during Leap.)
2. Printer
3. Notebook
4. Writing utensils.

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:

Formative Assessments (Daily Assignments)	35%
Summative Assessments	55%
Participation	10%

Health is a required class to graduate. There is no rounding up or down of percentage points.

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)	

Homework and Tests

Complete all assignments on time to receive credit.

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

Check in with Mrs. Daeger regarding makeup work.

Dropping the Class

Follow the same drop procedure as other classes. Refer to the student handbook if necessary.

Health Honors Option

The honors option 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 the honors option, let the teacher know. There is a contract to be completed and there will be a meeting to receive more information. This meeting will be as soon as possible after the semester begins so that students can complete the required course work.

Grading for Honors Option

Daily assignments and quizzes	20%
Health Honors Option Project	30%
Seminar Participation	5%
Tests	45%

