** Health SYLLABUS**

**COURSE DESCRIPTION:**

This beginning course is designed to enhance your knowledge in the area of Health and promote lifetime health skills. At the end of this course, the student will be able to:

* Be able to understand our bodies’ mentally/physically/emotionally/socially.
* Be able to understand the importance of Nutrition
* Be able to identify the characteristics of healthy relationships
* To understand the impact of violence and how to prevent it
* Identify stressors and how to cope in healthy ways
* Understand the effects of substance abuse
* The cause, treatment, prevent and cure of both communicable and non-communicable diseases.
* Understand the growth and development of anatomy and physiology.
* Be able to demonstrate proper first aid technique.

**Course Info**: Listed below are the units and subjects taught in health. Along with these units will be guest speakers and films, all which have been approved by the Nampa School District.

**Units/Subjects**:

* Mental Health Healthy Relationships
* Nutrition Managing Stress
* Substance Awareness Growth and Development
* Disease First Aid/CPR

**Text:** Glencoe Health

**Assignments:**

* 1. All assignments are to be completed to receive full credit.
	2. This course is designed for NO homework, meaning that you MUST use your time wisely and there is no reason to turn anything in late.
	3. All assignments will be turned in via Remind

**Projects:** Projects will include individual and team activities inside and outside of the classroom. These projects will develop a working knowledge of health-related activities.

**Rules and Expectations**:

**Attendance:**

~~Online: You are expected to check into Remind during your assigned class period. You are also expected to attend required zoom meetings and act appropriately. Camera’s on, microphones off, APPROPRIATE attire, background. ALL school rules apply and disciplinary action will be taken. Failure to do so will be a 0 for the day, excused from zoom, phone call home and school dean contacted.~~

In person: You will be considered tardy if you are not in the room when the bell rings.

With our attendance policy, a student’s academic grade or credit in a particular subject or course may be adversely affected by reason of tardiness or absences only to the extent and upon the basis that:

1. The student’s attendance and/or participation is related to the instructional objectives or goals of the particular subject or course and:
2. The student’s attendance and/or participation has been identified by the teacher pursuant to policy of the school district as a basis for grading, in whole or in part, in the particular subject or course.

**Classroom Responsibilities**: The following lists your responsibilities as a member of this Health class:

1. Respect will be shown to all students and instructors at all times. Respect includes raising your hand to ask a question, listening while others are speaking, and making polite and appropriate comments. Appropriate group interaction is a vital part of this class.
2. You are strongly advised to take class notes and will be informed to do so.
3. You will be required to bring appropriate materials to class each day, this includes; fully charged laptop with charger, writing utensil and paper.
4. You are welcome to bring water to class, but no food or other types of drinks will be allowed in the classroom (unless I give different instructions).
5. You will NOT listen to IPods /phones while in class, unless given different instructions.
6. Cell phones must NEVER be visible, heard or used in class (Unless with instructor approval)
7. This is a NO swearing zone. There will be consequences.
8. If you are absent for a class period, you can find what you missed on sduke.weebly.com under the health section
9. It is your responsibility to communicate with me about questions and assignments, please ask! I only bite sometimes 😊
10. Respect is given when respect is shown; it works both ways.
11. Yes, students do fail this course due to doing absolutely NOTHING.

**Essential Academic Learning Requirements for Health- STANDARDS**

Health.9-121.1.2.ES: Interpersonal relationships- Describe the interrelationships of emotional, mental, physical and social health.

Health.9-12.1.1.8.ES: Engaging in unhealthy behaviors- Analyze the potential severity of health problems that result from engaging in unhealthy behaviors.

Health.9-12.2.1.5.ES: Health risk behaviors- Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors (e.g. using drugs to fit in).

Health.9-12.3.1.4.ES: Using resources to provide valid health information- Use resources from home, school, and community that provide valid health information.

Health.9-12.4.3.ES: Conflicts without harming self or others; Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

Health.9-12.5.1.2.ES: Decision-making in health-related situations- Determine the value of applying a thoughtful decision making process in health-related situations (e.g. alcohol, tobacco and other drug use and consequences of a criminal record, recreational safety, safe driving behaviors, testing, social media and general online presence, food behavior and physical activity).

Health.9-12.6.1.2.ES: Personal health goals- Develop a plan to attain a personal health goal that address strengths, needs and risks.

Health.9-12.7.1.1.ES: Individual responsibility in enhancing health- analyze the role of individual responsibility in enhancing health.

Health.9-12.7.1.5.ES: CPR training- Instruction provided on hands-only CPR training including proper utilization of an AED.