Expectation

Do your BEST! We are family. That means that when we come to class we are prepared for the day and work together to put our best effort forward. We respect one another and we celebrate our successes. We work together to create an atmosphere where we will succeed. We will follow three rules in this class: Be Punctual; Be Prepared; Be Polite!

The WildC.A.T.S. Way

P.B.I.S is important to how we encourage positive behavior in our classroom. Caring, Accountable, Trustworthy, and Safe. These are the characteristics that we look for and reward each and every day.

Attendance and Tardies

We will follow school policies with regards to attendance and tardies. If tardy, we enter the classroom with as little disruption as possible and take our seat.

Cell Phones

We will follow school policies with regards to cell phone use during school, by incorporating the use of the phone caddy at the beginning of class. Each student will be assigned a caddy number slot for their phone.

Late Work

All work needs to be turned in on time. If you are not in class when the work is due, you will have the same number of days that you miss to get the work turned in. Points will be taken off for every late day.

Course Description:

Health Education is a comprehensive course that aims to equip students with the knowledge and skills necessary to make informed decisions about their well-being. This class covers various aspects of physical, mental, and social health, promoting a holistic approach to personal wellness and a lifelong commitment to healthy living.

Course Objectives:

1. Understand the key components of physical, mental, and emotional health.

2. Learn about nutrition, exercise, and the importance of maintaining a balanced lifestyle.

3. Explore strategies for managing stress and enhancing mental well-being.

4. Gain knowledge about human anatomy, reproductive health, and sexual education.

5. Understand the risks associated with substance abuse and how to make responsible choices.

6. Develop communication and decision-making skills to promote healthy relationships.

7. Explore the impact of technology and media on health behaviors.

8. Foster empathy and respect for diverse health needs and perspectives.

Grading Breakdown:

- Projects/Tests/Final: 60%

- Classwork/ Homework/ Assignments: 40%

Supplies Needed:

- Pencil/Pen

- Notebook/Paper

- Folder

- Chromebook or Laptop

Course Outline:

1. Introduction to Health

   - Define health and its various dimensions

   - Importance of maintaining a healthy lifestyle

   - Setting personal health goals

2. Nutrition and Physical Fitness

   - Understanding food groups and balanced diets

   - Importance of regular exercise and physical activity

   - Creating workout routines

3. Mental and Emotional Health

   - Identifying emotions and coping mechanisms

   - Strategies for managing stress and anxiety

   - Building resilience and self-esteem

4. Personal Safety

   - Identifying potential risks in daily life

   - Strategies for staying safe online and offline

   - Basics of first aid and emergency response

5. Healthy Relationships

   - Communication skills for effective relationships

   - Recognizing healthy and unhealthy relationships

   - Consent and boundaries

6. Substance Abuse and Addiction

   - Understanding the impact of drugs and alcohol

   - Prevention and intervention strategies

   - Seeking help for addiction

7. Sexual Health Education

   - Reproductive anatomy and physiology

   - Safe sex practices and contraception

   - Consent, respect, and decision-making

8. Personal Hygiene and Self-Care

   - Importance of maintaining good hygiene habits

   - Self-care practices for overall well-being

9. Final Project - Health Promotion Campaign

   - Students will work in small groups to create a health promotion campaign on a chosen health topic.

   - Presentations will be made to the class to showcase their campaign.

Assessment Details:

- Tests will assess knowledge on health topics covered in class.

- Discussions will encourage active participation and critical thinking.

- Essays/Quizzes/Small Groups will allow students to dive deeper into specific health issues.

- Students will be required to wear workout clothes on designated days for physical activities.

- Homework and class work will reinforce concepts taught in class.

Note: This syllabus is subject to adjustments based on class dynamics and specific topics of focus during the semester. Any updates to the syllabus will be communicated promptly.

Please sign below to acknowledge you have read and understand the expectations and requirements.

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Student Print Student Signature

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Parent/ Guardian Print Parent/ Guardian Signature