



**Course Syllabus –9th grade Health**  
**Instructor: April Duke**  
**Contact Information: [aduke@southlandacademy.org](mailto:aduke@southlandacademy.org)**  
**Classroom: 202**

**Grade Level: 9**

**Course Credit: .5 Unit**

**Course Description: This class will inform, guide, and encourage teens to adopt and maintain a healthy lifestyle and practice behaviors that will enhance their well-being and safety throughout not only their teen years, but also their lives.**

**Unit 1:**

- 1. Living a Healthy Life**
- 2. Building Health Skills and Character**
- 3. Being a Health-Literate Consumer**

**Unit 2:**

- 1. Physical Activity for Life**
- 2. Nutrition for Your Health**
- 3. Managing Body Weight and Composition**

**Unit 4:**

- 1. Skills for Healthy Relationships, Family Relationships, Peer Relationships**

**Unit 5:**

1. **Personal Care and Healthy Behaviors**
2. **Skeletal, Muscular, and Nervous Systems**
3. **Cardiovascular and Respiratory Systems**
4. **Digestive and Urinary Systems**
5. **Endocrine and Reproductive Systems**

**Unit 7:**

1. **Tobacco**
2. **Alcohol**
3. **Medicines and Drugs**

**Grading:**

Semester Grades = Daily Grades (40%) + Tests (40%) + Quarterly Exams (20%) In the event of complete Distance Learning, grading percentages may change.  
If a student may at any time need to enroll in the home bound option for learning, this must be set up through the front office.

**Daily Supplies:**

1. Two subject composition notebook
2. Pens/Pencils

**Student Name (please print):** \_\_\_\_\_

I have read and understand the class syllabus.

Student signature \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

Parent Email \_\_\_\_\_

Parent Contact \_\_\_\_\_