

Elizabeth High School Health Syllabus
Elizabeth High School 2010 -1021 School Year
Mr. Robinson
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Course Description:

This course is designed to provide information that will help students make important decisions about health, wellness, and individual lifestyle. Topics related to health such as making healthy choices, mental health, social health, nutrition, lifetime fitness, drugs/ alcohol/ vaping and other substance abuse, disease prevention, and community health will be discussed. An emphasis will be placed on students acquiring knowledge and assuming responsibility for one's own health.

Goal:

The overall goal of this course is for students to learn about a wide variety of health topics and be able to make it personal so that they can make positive healthy decisions for themselves in the future.

Required Materials:

Text books will be provided during class, Pencil/Eraser, Paper, Binder/Folder, and Computer charged and ready for use.

Expectations:

Students need to come to class prepared each day with their computer, binder/folder. Paper and a pencil. Each student must stay on task and participate in class discussions. If a student finishes early, there may be enrichment activities to work on related to the topic that is being discussed.

Grading Scale:

A	93-100%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	E	59-Below

Grades will be based on 10% class participation, 70% class assignments/projects, 20% tests

Missing/Late Assignments:

Missing Assignments - All missing assignments will immediately be recorded with the students receiving a zero.

Late Assignments - Late assignments will be accepted anytime during the marking period and students will receive 60% of their earning score. It is very important that the students hand in all assignments because having a zero on an assignment can be very detrimental to their overall grade.

Tardies:

You must be in your seat and prepared for class before the bell finishes ringing. You must have what you need on your desk and be ready for class. If you are not in your seat or prepared by the time the bell finishes ringing, you will be counted tardy. This is a good time for students to receive vocabulary words.

Absences:

Students are responsible for any make-up work they may have missed due to being absent. If a student knows of an upcoming absence he/she must make prior arrangements with Mr. Robinson as soon as possible.

Classroom Rules:

1. Be on time for class!!!
2. Be respectful and considerate to others
3. Bring all required materials to class
4. NO cellphones
5. No food or drinks in the classroom. Water bottles are ok

Text Book:

Pearson Health



Extra Credit:

Extra Credit will be offered three times throughout the Semester for a maximum of 20 points

- 1. Student Fitness Log Sheet-** Students can show me a copy of a fitness log sheet for a total of 5 points.
- 2. Personal Quote for inspiration-** Students will have one assigned day to share a quote, that is inspiring to them that they can share at the beginning of class. Nothing over the top just a quick quote that brings motivation, happiness, or focus to themselves for 10 points.
- 3. Nutritional Fact Labels-** Anytime throughout the semester students may bring in a maximum of 5 nutritional fact labels. Each food label turned in will result in 1 point of extra credit. Students may earn a maximum of 5 points of extra credit throughout the semester.

Tentative Schedule:

Week One: Orientation/ Making Healthy Decisions

Unit 1 - Mental Health

Week 2 (managing Stress/ Chapter 3- Supplement material)

Week 3 (personality, self-esteem, and emotions/Chapter 2)

Week 4 (mental disorders/chapter 4)

Unit 2 - Social Health

Week 5 (Building Healthy Peer Relationships/ Chapter 6 - Supplement material)

Week 6 (Family Relationships Chapter 5 and Preventing Violence Chapter 7)

Unit 3- Nutrition

Week 7 (Food and Nutrition Chapter 8- Supplement material)

Week 8 (Making Healthy Food Choices Chapter 9- supplement material)

Unit 4- Physical Fitness

Week 9 (Cardiovascular and Respiratory Chapter 12)

Week 10 (Exercise and Lifelong Fitness Chapter 13- supplement material)

Unit 5- Substance Abuse

Week 11 (Alcohol Chapter 15- supplement material)

Week 12 (Tobacco chapter 16 - supplement material)

Week 13 (preventing drug abuse Chapter 17 - vaping supplement material)

Unit 7- Prevention Disease

Week 14 (Sexual Transmitted Infections and Aids Chapter 22)

Week 15 (Chronic Disease and Disabilities Chapter 23)

Unit 8 Community health and Safety

Week 16 (A Healthy Community and Environment Chapter 25)

Week 17 (Preventing Injuries Chapter 26 - First Aid/CPR supplement material)

Mr. Robinson Final Message to Students:

I look forward to working with you this school year. I will do my best to help each and every one of you achieve success in Health Class. Please feel free to ask questions, or request extra help. I am available before school, lunch, after school, and during my planning to talk or meet with you and your parents as long as you make arrangements in advance.

I am looking forward to an EXCELLENT year!

**Sincerely
Mr. Robinson**

(Cut on dotted line)------(Cut on dotted line)

Due by first Friday in the marking period (50 Points)

By signing I certify that I have read and understood the Health Syllabus and I am fully responsible for my actions and behavior.

Student Print Name _____

Student Signature _____

Parent Signature _____