

Mercer County High School

Health Syllabus

Teacher: Mrs. Degelman
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Room: Chorus Room
Text: Glencoe Health 2007

Course Description:

Health is a semester course that will guide students through the many dimensions of wellness. Students will develop skills needed in confronting difficult situations; understand health prevention and promotion techniques that will establish a solid personal health education; and become health literate in making positive and healthy decisions.

Class Expectations:

1. Students are expected to be **RESPECTFUL** of the rights of others. Raise your hand before speaking. Be quiet while others are talking. Health class is not a time to catch up on a nap! Respect all property in this classroom! If it's not yours, **LEAVE IT ALONE!**
2. Students are expected to follow the school rules and codes. (See the Mercer County High School Student Handbook for information and school policies.)
3. Students will be in the classroom and in your seat before the tardy bell. 3 tardies=discipline referral.
4. Students are expected to be present and organized every day. Make sure you have all materials for class, **INCLUDING** your planners!!!
5. No book bags, coats, cell phones or other electronic devices, food, gum or drinks are allowed in the classroom. Water is allowed if disposed of properly.
6. Attendance is an **ESSENTIAL** part of learning! Students are responsible for missing work when they return from an absence. It is **YOUR** responsibility to see me as soon as possible. I will not hunt you down to make up work. Also, if you are absent the day before a known assignment is due, you will still be responsible for that assignment on that returning day! (test, projects, etc.)
7. Students will be given **TWO** days to complete the makeup work.
8. If a student misses a test, the test **MUST** be made up within two school days or a 0 will be given. Also, the test must be made up when convenient for the both of us (not during class)!
9. Cheating/Plagiarism will **NOT** be tolerated!
10. Expect yourself to **SUCCEED!**
11. If you need help, **ASK!** If you don't understand, **ASK!** If something is wrong, **ASK!** If you need anything, **ASK!**
12. **HOMEWORK:** Homework will be given most days to be completed by the following class period or otherwise determined. Students may only obtain 75% credit for assignments that are one day late. If turned in by the end of the unit of study, students may receive no more than 50% credit. If an assignment is turned in following the completion of the unit, they will not receive credit. Specific Homework formats will be discussed in class with the students. If the assignment is turned in without the correct format, the student will be asked to redo the assignment or will not receive credit.
13. Use class time wisely! Take advantage of your Advisory Period...you do not want to stay at school any longer than you have to!

Class Rules:

Rules:

1. Give RESPECT, to Gain RESPECT!
2. LISTEN!!!
3. Come prepared mentally, emotionally and physically each day and ready to learn!

Consequences:

1. 1st Verbal Warning
2. 2nd Parent Contact and Detention/Next 20 years of your life Paper (5 pages)
3. 3rd Sent to Office with Referral and Detention

Class Requirements and Materials:

1. Notebook and Folder
2. Writing Utensil
3. Textbook (**Text Book is YOUR Responsibility!**)

Textbooks will be provided for each student for the semester.

The student will have the responsibility to take care of the textbook and return it before the final exam in proper condition. If the textbook is not returned at this time, students will be charged a replacement fee).

GRADING SYSTEM

The grades reported may be interpreted as follows:

| | |
|--------|------------------------------|
| 93-100 | A – Mark of distinction |
| 83-92 | B – Very creditable work |
| 74-82 | C – Average work |
| 64-73 | D – Below average |
| 0-63 | F – Failing; no credit given |

***Quarter grade is 40% of semester grade.

***Final exam is 20% of semester grade.

Restroom/Locker/Drink Policy:

Students will be provided 2 passes for the semester. Physical passes will be given to each student who must present them for permission leave. If a student does not have a pass to turn in, they will not be permitted to leave. Students who turn in the passes at the end of the course will receive 25 extra credit points for each pass toward their grade.

Course Outline: Below is an outline of the Units and Chapters that we will be covering in Health this semester. The below list is subject to change at any time during the semester.

Unit 1: A Healthy Foundation

Chapter 1

Living a Healthy Life—2

Lesson 1 Your Health and Wellness—4

Lesson 2 Promoting a Healthy Lifestyle—10

Lesson 3 Your Behavior and Reducing Health Risks—17

Chapter 2

Building Health Skills and Character—26

Lesson 1 Building Health Skills—28

Lesson 2 Making Responsible Decisions and Setting Goals —33

Lesson 3 Building Character—37

Unit 2: Physical Activity and Nutrition

Chapter 4

Physical Activity for Life—72

Lesson 1 Physical Activity and Your Health — 74

Lesson 2 Fitness and You—80

Lesson 3 Planning a Personal Activity Program —87

Lesson 4 Training and Safety for Physical Activities—93

Lesson 5 Physical Activity Injuries—98

Chapter 5

Nutrition and Your Health—108

Lesson 1 Nutrition During the Teen Years— 110

Lesson 2 Nutrients—114

Lesson 3 Guidelines for Healthful Eating— 122

Lesson 4 Food and Healthy Living—130

Chapter 6

Managing Weight and Body Composition— 142

Lesson 1 Maintaining a Healthy Weight—144

Lesson 2 Fad Diets and Eating Disorders— 151

Lesson 3 Nutrition for Individual Needs—157

Unit 3: Mental and Emotional Health

Chapter 7

Achieving Good Mental Health—168

Lesson 1 Your Mental and Emotional Health— 170

Lesson 2 Developing a Positive Identity—178

Lesson 3 Understanding Emotions—184

Lesson 4 Managing Emotions—188

Chapter 8

Managing Stress and Anxiety—196

Lesson 1 Effects of Stress—198

Lesson 2 Managing Stress—205

Lesson 3 Anxiety and Teen Depression—210

Lesson 4 Being a Resilient Teen—214

Chapter 9

Mental and Emotional Problems—222

Lesson 1 Mental Disorders—224

Lesson 2 Suicide Prevention—230

Lesson 3 Getting Help—234

Lesson 4 Understanding Death and Grief— 238

Unit 4: Promoting Safe and Healthy Relationships

Chapter 10

Skills for Healthy Relationships—246

Lesson 1 Foundations of Healthy Relationships—248

Lesson 2 Communicating Effectively—254

Lesson 3 Resolving Conflict—262

Chapter 11

Family Relationships—272

Lesson 1 The Role of the Family—274

Lesson 2 Change and the Family—280

Lesson 3 Dealing with Family Crises—286

Lesson 4 Community Support Systems—291

Chapter 12
Peer Relationships—300
Lesson 1 Safe and Healthy Friendships—302
Lesson 2 Peer Pressure and Refusal Skills—307
Lesson 3 Dating and Setting Limits—313
Lesson 4 Abstinence: A Responsible Decision—318

Chapter 13
Violence Prevention—328
Lesson 1 Personal Safety—330
Lesson 2 Keeping Schools Safe—335
Lesson 3 Protecting Yourself from Violence—341
Lesson 4 Preventing and Overcoming Abuse—348

Unit 7: Tobacco, Alcohol, and Other Drugs

Chapter 21
Tobacco—538
Lesson 1 The Effects of Tobacco Use—540
Lesson 2 Choosing to Live Tobacco Free—546
Lesson 3 Promoting a Smoke-Free Environment—551

Chapter 22
Alcohol—560
Lesson 1 Choosing to Be Alcohol Free—562
Lesson 2 Harmful Effects of Alcohol Use—568
Lesson 3 Alcohol, the Individual, and Society—574

Chapter 23
Medicines and Drugs—584
Lesson 1 The Role of Medicines —586
Lesson 2 Drug Use—A High-Risk Behavior—592
Lesson 3 Marijuana, Inhalants, and Steroids—598
Lesson 4 Psychoactive Drugs—603

Unit 8: Diseases and Disorders

Chapter 24
Communicable Diseases—620
Lesson 1 What Are Communicable Diseases?—622
Lesson 2 Preventing Communicable Diseases—627
Lesson 3 Common Communicable Diseases—635

Chapter 25
Sexually Transmitted Infections and HIV/AIDS—646
Lesson 1 The Risks of STIs—648
Lesson 2 Common STIs—652
Lesson 3 HIV and AIDS—658
Lesson 4 Treatment for HIV and AIDS—662

Chapter 26
Noncommunicable Diseases and Disabilities—672
Lesson 1 Cardiovascular Diseases—674
Lesson 2 Cancer—681
Lesson 3 Allergies, Asthma, Diabetes, and Arthritis—688
Lesson 4 Physical and Mental Challenges—695

