

Ida High School Health Education Syllabus

Fall 2020

Course Description

The Health Education Course is designed to enhance the awareness and knowledge of healthy lifestyle choices. The six adolescent risk behaviors (tobacco use, dietary patterns that contribute to disease, sedentary lifestyles, sexual behaviors, alcohol and drug use, and behaviors that result in intentional and unintentional injury) will be addressed while advocating for the students to make healthy choices for their overall health. We will also cover mental and emotional health, nutrition.

Essential Questions

- o What do I need to do to stay healthy?
- o How and where do I find health information and resources?
- o What can I do to avoid or reduce health risks?
- o What influences my health behaviors and decisions?
- o How can communication enhance my personal health?
- o How do making good decisions keep myself healthy?
- o How do I use the goal-setting process to improve my health?
- o What can I do to promote accurate health information and healthy behaviors?

Units of Instruction

Health Skills, Physical Activity, Nutrition, Body Composition/Eating Disorders, Mental Health Stress, Violence Prevention, Body Systems, Tobacco/Alcohol/Drugs, Diseases, Sexually Transmitted Disease, Human Sexuality/Pregnancy

Classroom Expectations

Our classroom is a place of learning; you are to conduct yourself in a respectful manner. This class is “G rated class” Profanity, criticizing or insulting other will not be tolerated. Use manners, Be respectful. Class meetings will consist of power point presentations, video clips, worksheets, class discussion and computer exploration, which will allow you to make choices that will enhance your health. You are expected to complete homework so you are prepared for the next class. You are expected to do everything possible to be successful.

Course Evaluation and Assessment

Students are expected to participate in class activities. Grades will be based on total points, which includes participation, homework, projects, and final exam.

Class Material

- A 1 subject notebook.
- A Pen or Pencil, agenda book to record assignments
- A folder to hold handouts.

Class Information

No food or drinks in the classroom, except for water.

Passes-Are only given out for emergency trips to the bathroom. This should be done on a limited basis, as class time is valuable. Use passing time, break time, before and after lunch to use.

Attendance/Tardy Policies- Students need to be in class when the bell rings. Class will begin at the bell. If you are late to class, you will be marked tardy and three tardies equals an unexcused absence.

My Child has permission to watch the movie Super-Size Me or Fed Up during the nutrition chapter. Both movies are rated PG-13

_____ Yes, my child has permission to watch the documentary.

_____ No, I do not want my child watching the documentary.

Teacher Contact Information-

Mr. Gabriel c. Giarmo

734-269-9003

Giarmo@idaschools.org

Parent/Guardian and Student Signature

I have read and understand the course description and expectations for Heath

Student Name (Print) _____

Student Signature _____

Parent Signature _____