East Knox High School

Course Syllabus

*HEALTH*



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|  | **Name: Mrs. Clark** |
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|  | **Office Location: *RM 134*** |
|  | E-Mail: [lclark@ekschools.org](mailto:lclark@ekschools.org)  Welcome to East Knox high school, where I have been teaching for a marvelous 19 years and counting. |



**Course Description:**

| Health education is designed to empower students with life skills to improve or maintain a high level of social, emotional, and physical wellness. Together, we will focus on personal choices and knowledge to promote one’s health and prevent disease. Furthermore, it will provide students with a challenge for more awareness and ownership of their wellness to balance their health.  Google Classroom and Remind -Communication from Mrs. Clark |
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**Course Competencies/ Learning Objectives**

By the end of the semester, students will be able to:

• Comprehend concepts related to health promotion and disease prevention to enhance health.

• Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

• Demonstrate the ability to access valid information and products and services to enhance health.

• Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

• Integrate decision-making skills for a foundation for life, career success, and improved health.

• Establish and demonstrate the ability to use goal-setting skills to enhance personal wellness.

• Recognize health-enhancing behaviors and distinguish those from risky behaviors that can cause injury or illness.

• Advocate for personal, family, and community health.

**Topics Covered:**

Opioid Abuse, Organ/Tissue Donation, CPR/AED Training, Human Reproductive Systems, Nutrition, Dating Violence Prevention, Family Relationships, Managing Weight, Eating Behaviors, Skeletal System, Tobacco, Alcohol, Illegal Drugs, HIV/AIDS, Fitness, Healthy Relationships, Human Trafficking, Mental/Emotional Health, and Suicide Prevention.

**Student Evaluation**

The grading system is based on points earned:

| Group work  Projects  Class Work  Participation  Formative and summative assessments |  |  |
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**Classroom Expectations**

1. Please be in your seat and ready to begin when the late bell rings.

2. Have a pen/pencil and a folder.

3. Be part of the class discussion

4. No CELL PHONES are allowed in class (please see handbook)

**CELL PHONE AND ELECTRONIC DEVICE POLICY/AGREEMENT (from the handbook)** Cell

Cell phones and electronic devices must be kept in the off position and be kept out of site during the entire school day. From the time of the 7:35 homeroom bell in the morning to until the 2:20 end-of-school bell, all cell phones and electronic devices are to be placed and remain in the student’s locker. Any device which is found in the possession of a student, making noise, vibrating, or otherwise calling attention to themselves will be deemed to be creating a disruption. Any device found to be in violation of these rules will be confiscated and turned in to building administration and the student will face the following consequences:

**First Offense: The item will be returned to the student at the end of the school day.**

**Second Offense: The item will be returned to the student’s parent or guardian.**

**Third Offense: The student will receive a 3-day suspension for each offense after the second. All consequences beyond the third offense are at the discretion of the administration.**

**Class Requirements**

1. All school rules listed in the handbook will be in effect.
2. Late work will be accepted and points will be deducted for each day. Once a unit is over, no late work will be accepted for that section.
3. If a student has an excused absence, they have **two days** from the date of their return to make up any work.
4. unexcused absences will result in a zero for that day.

**Plagiarism, Cheating, and Academic Integrity**

Plagiarism is the practice of copying words, sentences, images, or ideas for use in written or oral assessments without giving proper credit to the source. Cheating is defined as the giving or receiving of illegal help on anything that has been determined by the teacher to be an individual effort. Both are considered serious offenses and will significantly affect your course grade. A **ZERO** will be given for that assignment.

Health Course Syllabus

Dear Parent/Guardian:

During this semester in health class, we will be focusing on the changes that the human body undergoes throughout life. Your son or daughter will need permission to participate during this time. We will be discussing the following topics:

* **Abstinence**
* **Male reproductive system**
* **Female reproductive system**
* **Healthy relationships**
* **Sexually transmitted diseases**
* **Contraception**
* **Stages of Pregnancy**
* **Human trafficking awareness** -**Speaker from Knox Community Hospital**
* **Dating and violent prevention-New Direction community program**
* Self-Made is a high school level, a 4-session program that covers topics such as healthy and unhealthy relationships, consent, bystander intervention, and proactive intervention. Through interactive activities, group discussions, and personal reflection, students will gain awareness surrounding the importance of being able to recognize warning signs of relationship abuse. They will also learn how to give/receive consent in various environments and what it means to be an active bystander.
* **RUC**-See next sheet for a list of objectives

If you have any questions, please call or email me. Thank you for your time, cooperation, and support.

Sincerely,

Mrs. Clark

Health Education

740-599-7000 ext 2011

Lclark@ekschools.org

***I DO*** *give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_permission to participate in reproductive health.*

*( student name print)*

*I* ***DO NOT*** *give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ permission to participate in reproductive health*

*X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Parent Signature***

Please sign below and only return this page to Mrs. Clark after you haveread the health course requirements.

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Student name (print)

***X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent Signature***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date