Health Syllabus

2019-2020

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**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 and CPR/AED training.

**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?

**Class 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 others will not be tolerated. Use manners, Be respectful. Daily instruction will consist of powerpoint presentations, google classroom, video clips, worksheets, class discussion and computer exploration, which will allow you to make choices that can 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.

**Class Materials:**

Students should bring a notebook, pen or pencil and their agenda to every class.

**Procedures:**

* Students will place cell phones in the appropriate holder upon entry where they will remain until the dismissal bell.
* Only 3 restroom/locker passes will be given for the SEMESTER.
* Homework detention for every missed assignment.

**Consequences:**

1st Offense: Verbal reprimand regarding missed expectation.

2nd Offense: After class/school conference with teacher.

3rd Offense: Disciplinary referral with parental contact.

**All Handbook rules apply**

(Makeup work, Electronic Devices, Use of Internet, etc.)

Student Name Please print \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

