

Health

Course Syllabus



Supervising Teacher

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Course Description:

Health **1 Semester** **1 Credit** **Grades 9-12**

Required for graduation. This class deals with the life long process of developing and maintaining a positive healthy person. Course content includes: fitness, nutrition, substance abuse, diseases, body systems, first aid, emotions, appearance, consumer and environmental health, and other subjects that pertain to the mental, emotional, and physical development of the individual.

Recommended Textbook Options:

Harcourt-Holt Option

This is a good option for students who have previously used the **Decisions for Health** textbook in 7th/8th grade. Average reading and vocabulary level.

Required Book:

Harcourt-Holt
Lifetime Health
Student Edition
2007. ISBN#
0030672015

McGraw-Hill Glencoe Option#1

This is a good option for students who have previously used the **Teen Health** series textbook in 7th/8th grade. At or above grade level reading with many online supports and resources available.

Required Book:

McGraw-Hill
Glencoe **Health**
Student Edition
2007. ISBN #
0078726549

McGraw-Hill Glencoe Option#2

This is a good option for students who have previously used the **Teen Health** series textbook in 7th/8th grade.

This textbook is similar to the other Glencoe book as far as content, lay-out, and ease of readability, but is simply a newer edition. Either textbook would be a fine choice.

Required Book:

McGraw-Hill
Glencoe **Health and Wellness** Student Edition 2007. ISBN # 0078760267

Online resource to supplement Glencoe Textbooks can be found at: www.glencoe.com

Online resources to supplement the Harcourt/Holt Textbook can be found at:
<http://go.hrw.com/gopages/index.html>

Supplies or Equipment:

No supplies or equipment necessary.

End of Course Assessment Options:

Since this course is required for high school graduation in the state of Idaho, an assessment piece is required. For this course there are two options:

Option 1: Graded Anchor Assignments

This course offers the option of completing **four** anchor assignments. The assignments cover a variety of subjects and directly correlate with the Idaho Health Content Standards.

Option 2: Comprehensive Final Exam

End of course exam which covers topics covered throughout the semester. A study guide is available on the Health Moodle Page. **Students must let me know if they choose this option.**

Course Evaluation:

Anchor assignments or Final Exam = 40% of overall grade

Student work evaluated by the parent = 60% of overall grade

Pacing Guide

The topics and standards for this course have been divided between the two quarters.

Quarter 1	Quarter 2
Goal Setting and Components of Health	Fitness
Mental Health	Diseases and Disorders
Emotional Health and Violence Prevention	Sexual Education
Consumer and Environmental Health	Substance Abuse
Nutrition	First Aid, Safety, and Injury Prevention
<u>Body Systems to study this quarter:</u> Digestive, Excretory, CNS Optional: Vision and Hearing	<u>Body Systems to study this quarter:</u> Muscular, Skeletal, Circulatory, Respiratory, Immune, Male and Female Reproductive Optional: Endocrine

In order to fulfill this pacing requirement, the recommended texts have been broken down by chapter. Covering the chapters in the order listed will insure that all topics on the final exam will be covered during the appropriate semester.

Harcourt/Holt: Lifetime Health

Quarter 1	Quarter 2
Chapter 1-2: Goals/Components of Health	Chapter 6: Fitness
Chapter 3: Mental Health	Chapter 13-14: Diseases and Disorders
Chapter 4-5: Mental and Emotional Health	Chapter 19-21: Sexual Education
Health Express pp.556-564: Consumer Health	Chapter 9-12: Substance Abuse
Health Express pp. 548 – 555: Environmental/Public Health	
Chapter 7-8: Nutrition	Health Express pp.576-611: First Aid
Body Systems: p. 516-517 538-541	Body Systems: Ch. 18 – Reproductive 526-537 542-544

McGraw Hill/Glencoe: Health

Quarter 1	Quarter 2
Chapter 1-2: Goals/Components of Health	Chapter 4: Fitness
Chapter 7-9: Mental Health	Chapter 24,26: Diseases and Disorders
Chapter 10,11,13: Emotional Health	Chapter 12,19,25: Sexual Education
Chapter 3: Consumer Health	Chapter 21-23: Substance Abuse
Chapter 29: Environmental Health	
Chapter 5-6: Nutrition	Chapter 28: First Aid
Chapter 17: Digestive System	Chapters 15,16,18: Body Systems
Pages 399-406: Nervous System	

McGraw Hill/Glencoe: Health and Wellness

Quarter 1	Quarter 2
Unit 1: Goals/Components of Health	Unit 6: Fitness
Unit 2: Mental and Emotional Health	Unit 8: Diseases and Disorders
Unit 9: Consumer Health	Unit 3-4,8: Sexual Education
Unit 10: Environmental Health	
Unit 5: Nutrition	Unit 7: Substance Abuse

Additional Information from the Instructor: A Health outline of suggested lesson ideas, projects, and websites is also available as a supplemental resource.

I-DEA Student Honor Code:

With any form of valid proof of dishonesty with regard to student work or testing, the instructor may elect from a range of actions. Academic dishonesty could lead to a zero grade for the assignment or even failure for the entire course following consultation between the instructor, Secondary Supervisor, and Director.

All students must adhere to the **Honor Code:**

“On my honor, I will maintain the highest possible standards of honesty, integrity and personal responsibility. This means I will not lie, cheat or steal, and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”

Idaho Content Standards for Health:

<http://www.sde.idaho.gov/site/csh/docs/Standards/Health%20Education%20Standards%20FINAL%20Approved%20by%20Legislature%201-2010%20for%20Adoption%20Fall%202010.pdf>

