

**Freshman Health Education**  
**Course syllabus and Expectations**  
**Taught By: Mr. Clements**

**Course Description:**

This course of instruction meets the high school graduation requirements for health as outlined in the Clark County curriculum guide.

The course aims to instill to the individual the necessary knowledge and desire that will enable him to live a full, wholesome and healthy life.

The mental, physical, social and environmental problems which face today's society make it essential that health education be taught and stressed in a uniform organized manner in order to treat each problem with needed emphasis.

Health is no longer an individual problem, it is a social problem. The school, as well as other community agencies and organizations are seeking solutions that will lead to the development of a healthy community since the health of man cannot be left to chance in today's fast-moving society. Health habits are best taught at an early age and it is the function of the school and its curriculum to emphasize and maintain good health habits.

**Objectives:**

Introduce the intricate relationships between the structural and physiological functions required for the mental, social and physical wellness of the individual. The course includes health awareness, body functions, human development, use of community health resources, first-aid techniques and the relationships of these to the total health and fitness of the individual. This course will fulfill the one-half credit of health required for graduation.

**Classroom Expectations:**

- Students will be all the way in the room after the late bell or they will be considered tardy.
- Students will become quiet immediately and check the board for assignments or directions for activity.
- The following supplies are required for class in order to earn all daily participation points:
  - Writing utensil for note taking
  - A notebook of your choice labeled "Health", this must be an independent notebook from all other classes
  - Textbook for health class
  - On special occasions a calculator
- During teacher lecture students will listen and speak only when spoken to. The best way to be acknowledged is quietly raising a hand.

- During open discussion students are allowed to speak freely remembering to respect the feelings of others and to be mindful of school rules.
- Proper terms will be used by students during all units, improper terminology will be considered swearing and the progressive discipline plan will be followed.

At the conclusion of class, students will be dismissed according to Mr. Clements instruction and not the tone or bell that signifies the end of class period. Students will be dismissed when they are **sitting and quiet**.

### **Progressive Discipline:**

1. Verbal warning
2. Document behavior and lose half of daily participation points.
3. Lose all of daily participation points and change classroom location.
4. Call home and/or dean's referral
5. Removal from class and dean's referral
  - An after school teacher detention can be substituted after level 1.
  - Swearing is an immediate level 2, if profuse then level 4.
  - Fighting in class, which is bad, is level 5.

### **Pre-Assessment:**

Pre-Test will be given to determine terminology and knowledge concerning healthful practices.

### **Performance Objectives:**

Upon completion of this course, the student should be able to:

1. To understand that health status is determined by the dynamic interaction of genetic, environmental and personal factors.
2. To understand how personal health affects achievement.
3. To learn where energy resource and places of safety are located in case of a national emergency. .
4. To gain knowledge of the structure and function of the human body.
5. To gain knowledge and skills relative to safe living, accident prevention and emergency care.
6. To develop good health habits by studying information on nutrition, disease prevention and personal hygiene.
7. To understand the effects of hazardous substances to the human body.
8. To gain increased awareness and understanding of effective decision making in situations affecting the human body.
9. To develop positive ways of coping with social-emotional problems.
10. To gain knowledge of the health resources and protection agencies available in the community.

### **Course content and Time schedule:**

- Monday:** Introduction to topic and objectives  
**Tuesday:** Discussion and worksheet.  
**Wednesday:** Review worksheets and notes for the chapter test  
**Friday:** Chapter test and worksheets due for grading  
\*Film availability on Monday or Wednesday

### **Course Activities:**

Films, Guest Speakers, Student Reports, Quizzes and Final Exams

### **General course standards:**

1. All students are to conduct themselves according to school rules governing their behavior in class.
2. You are responsible for what happens in class.
3. Responsibility for learning rests with the individual student. Your instructor will make every effort to assist you in learning and understanding the course objectives.
4. Regular attendance is mandatory if a passing grade is to be made. Poor attendance results in poor grades. It is your responsibility to make-up work missed due to absences. You are to check with the CHS Student Assignment Calendar the day of your return for any make-up work.
5. All work not to be made-up in the allotted time period will be scored as a ZERO.
6. All class assignments, tests or reports missed due to unexcused absences will be score as a zero.
7. School regulations regarding the tardy policy shall be enforced. A student who is tardy four or more times will be regarded as excessively tardy and will be subject to disciplinary procedures.
8. Foul and abusive language, including swearing, has no place in this classroom and will not be tolerated. Show common social courtesy by respecting yourself, peers and your instructor.
9. You are responsible for retaining all materials, worksheets and notes issued to you for the duration of this course.
10. On each assignment, worksheet, report, or examinations, you will be responsible for including the following information on the upper right hand corner of the page.
  - a. Name
  - b. Date
  - c. Assignment title and chapter
  - d. Period
11. It is recommended that each student devise and efficient method of taking notes. Anytime there are notes written on the white-board it is your responsibility to have them copied in your notebook.
12. You are to maintain an up-to-date health notebook. All notes, assignments, worksheets and reports will be kept in your own personal notebook.
13. Students are encouraged to air opinions and ask questions. When discussion or lecture is in progress, there is to be no talking or other disturbing or distracting activities carried on by any student. If you have a question please raise your hand for recognition..

14. There will be no eating or drinking in the classroom. Food or drinks are not permitted in the classroom. **NO EXCEPTIONS!**
15. There will be only a classroom set of health textbooks. Under no circumstances are students to deface, write in or take them from the classroom. Students will be provided with an opportunity to check out designated textbooks at the end of the day. Do not carry out any of these books unless it has been checked out by an instructor. They must be returned the following day, **PERIOD!**

**Makeup Work: All class work must be made up!**

- If you are absent it is your responsibility to receive the makeup work from Mr. Clements.
- Mr. Clements will not chase you down to make you complete missed work.
- Please talk to me about makeup work before or after the class begins.
- A student has three days for every day absent in order to makeup work.

**Participation:**

Each day you come to class you earn 10 points. Your behavior in class, when you arrive to class and how you are prepared will determine whether or not you lose your points.

- Timeliness = 2 points
- Attitude = 4 points (not doing as your told, disrespect to students or teacher, disruptive behavior, etc..... )
- Preparation = 2 points (examples: missing books, writing utensils, homework, etc...)
- Participation = 2 points (If you do not attend class you cannot makeup these points.)

**Grading:**

This course is not graded on a curve. If a student attends classes regularly, hands in all required assignments, participates in all classroom activities and takes all test and work to the best of his/her ability, the student cannot fail the course. All work accomplished by a student in a class will be evaluated and given a letter grade.

A point system will be used. The percentage of points earned will determine each student's grade.

**A= 90-100**

**B= 80-89**

**C= 70-79**

**D= 60-69**

**F= 0-59**

## **Student and Parent Acknowledgement**

I \_\_\_\_\_ have read over the course expectations for freshman health. I understand that my student will follow the expectations to the best of their ability. I will assist the teacher with any disciplinary actions when necessary. I have a general understanding of the grading procedure for my son/daughter, and feel comfortable to ask Mr. Clements how a grade was formulated. I also understand that this acknowledgement is the first assignment for this class and must be turned in on the assigned date.

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

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_