

# HIGH SCHOOL HEALTH SYLLABUS

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Welcome to High School Health! This class is awesome, and you are going to love this class! Why?!? Because this class is about YOU! You will learn so many new things about yourself that you will be amazed, so let's begin...

## Class Description-

Health class is a one semester course that is required for graduation. We will cover health and your wellness, which will include physical, mental and emotional health; health and your body, which will include fitness, nutrition and weight management; drugs, which will include medications, illegal drugs, alcohol, and tobacco; diseases and disorders, which will include infectious and lifestyle diseases; personal safety, which will include internet safety, texting and sexting, cyberbullying and relationship violence; reproductive health\* and Parenting and Paternity Awareness, or PAPA; and first aid, CPR, and the use of an AED, where you will become certified through the American Heart Association's Heartsaver program.

\*Big Decisions, our Human Sexuality and Abstinence Education unit, is taught with parent permission only. Notification of the unit and its contents was sent out via Skyward (Online Forms) prior to the start of school, and all parent permission forms containing information about access to the unit's contents will be accessible through Skyward Parent Portal in the Human Sexuality and Abstinence Education section.

## Class Teaching Objective...

The teacher will create a calm learning environment and classroom atmosphere in order to create a comfortable area in which to learn and discuss some potentially uncomfortable subject areas and/or topics.

## Class Requirements-

Since the course will consist of classroom days and some activity days, you will have to have the appropriate materials to participate in both environments.

Classroom days will require a writing utensil (pen/pencil). All work will be kept in a manila folder within the classroom.

Activity days will require the appropriate clothes for active participation and tennis shoes.

## Expectations for High School Health-

You will have the required materials every day.

Be on time and be ready to work (or participate) when the bell rings. Tardies will be handled according to policy.

You will dress appropriately and will need the appropriate footwear on activity days. Tennis shoes are to be worn on these days.

You are not allowed to bring food or drinks. Water is the only drink allowed in class.

## Grading Policy-

You will be graded in three areas. These areas are:

Daily Work (50%)-this will consist of classwork and homework.

Participation (10%)-this can be in the classroom as well as on activity days. You may receive **one participation grade per week**.

Tests/Projects/Quizzes (40%)-this will come from unit tests, lesson or unit quizzes, and projects.

You will also have a semester exam that is worth 1/5, or 20%, of your entire semester grade. You and your parents may check the progress of your grades through the Parent Portal on the NEISD website-[www.neisd.net](http://www.neisd.net).

You are responsible for make-up work when absent. You need to ask for missed work the day you return.

**Again, we are excited to have you in High School Health! Have a great year!**

*"What I do today is important because I am exchanging a day of my life for it."*

*-by Dr. Heartsill Wilson*

***If you don't take care of your body, where will you live for the rest of your life?***

*~ Mike of Mundelein IL.*

# HS HEALTH UNIT OVERVIEW

## UNIT 1: Leading a Healthy Lifestyle

- Causes of Death and Risk Factors
  - Video – “Lifestyle Diseases & How to Avoid Them”
  - Personal Assessment
  - My Family Health Portrait
- Components of Health & Health-Related Fitness
  - Personal Health Inventory
- Goals & Pressures
  - Letter to Self
  - Direct vs. Indirect Pressure Activity
  - Life Skills Activity
- Self Esteem
  - 10 Things Activity
  - Masks
  - Who Am I? Activity
- Communication, Listening, and Emotions
  - Listening Activity
- Mental Disorders
  - Tri-Fold Research Project
- Stress
  - How Do You Respond to Stress? Activity
  - Video – “Stressed Out: Stress Management 101”
  - Stress Stick Figure
- Loss & Suicide
  - High School STAN Counselors Presentation
  - Good Charlotte’s “Hold On” Music Video
  - What’s Going On? Activities

## UNIT 2: Personal Safety

- Internet Safety
  - Identities Activity
- Texting & Sexting
  - 5 Things Before You Hit Send
  - PSA Poster or Announcement Activity
- Cyberbullying & Relationship Violence
  - Teen Dating Bill of Rights
  - Scenarios and Group Discussion Activity

## UNIT 3: Fitness and Nutrition

- Physical Fitness
  - Health-Related Fitness Activity
  - Muscle Mania
- Planning a Fitness Program
  - Planning Your Fitness Program Activity
- Sleep
  - Keeping a Sleep Journal Activity
- Obesity
  - Name That Slogan Activity
- Carbohydrates, Fats & Proteins
  - Energy Needs Activity
- Vitamins, Minerals & Water
  - Name that Nutrient Activity
  - Nutrient Wheel of Fortune Activity
- Reading Food Labels
  - Reading Food Labels Activity
  - Video - “Test Your Fast Food Knowledge”
- Body Composition
  - Calculating Body Composition Activity
- Eating Disorders
- Dangers of Energy Drinks
  - Video – “Buzz in a Bottle”
  - Caffeine Countdown Activity
  - Taglines Activity

## UNIT 4: First Aid, Cardiopulmonary Resuscitation, and the Automatic External Defibrillator

- First Aid, CPR, and AED Instruction and Training
- Certification in American Heart Association Heartsaver First Aid & CPR

## UNIT 5: Diseases & Disorders

- Preventing Infectious Diseases
  - Body Defenses Activity
- Common Infectious Diseases
  - Common Infectious Diseases Activity
- Introduction to Lifestyle Diseases and Cardiovascular Disease
  - Medical History Form Activity
- Cancer and Diabetes
  - Nutrition and Disease Prevention Video
- Hereditary & Immune/Autoimmune Diseases
  - Decision Making Activity
- Disabilities
  - Inspirational Stories

## HS HEALTH UNIT OVERVIEW

### UNIT 6: Drugs

- Introduction to Drugs and Drugs as Medicines
  - Prescription Label Activity
- Brains & Abuse
  - Web of Addiction Video
- Gateway Drugs, Inhalants, and Prescription Drugs
- “Chasing the Dragon” ~ DEA/FBI Documentary
- Marijuana
- Club Drugs
  - Video – “Club Drugs: The Real Deal”
- Other Drugs of Abuse
  - Video – “Rushing, Crashing, Dying: The Meth Epidemic”
- Drug Intervention Episodes – Andrew, Sebastian & Marcel, Rocky, and/or Lorna
- Alcohol Affects the Body, Family & Society
  - Video – “Dying High: Teens in the ER”
  - Zero Tolerance Pros and Cons Activity
- Teens and Alcohol
  - Alcohol Poem with a Reflections Activity
- Alcohol Intervention Episodes – Adam and Jennifer
- Dangers of Tobacco Use
  - Video – “Anatomy of a Puff”
  - Elements of Death and The List Activities
- A Tobacco-Free Life
  - Gone In a Puff Activity

### UNIT 7: Reproductive Health Unit

- *Big Decisions* Curriculum - [www.bigdecisions.org](http://www.bigdecisions.org) (Parental written permission required)
  - Presentation and guest speakers from the San Antonio AIDS Foundation
  - Seduction Delusions: How Everyday People Catch STDs by Dr. Jill Grimes – additional classroom reading and assignment
- Parent and Paternity Awareness Curriculum (P.A.P.A)
  - Establishing Paternity
    - PAPA Project
  - Benefits of Legal Fatherhood
    - Wheel of Life Activity
  - What It Takes To Be A Parent
  - Parents Who Don't Pay
- Financial Management
  - Money Activity

### UNIT 8: Environment and Your Health

- Environmental Awareness
  - Tools For Schools Checklist Activity

I have read and understand the policies and procedures of High School Health. I will double-check my email in Skyward to ensure the email is correct for future correspondences.

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

Contact Information(Please Print):

Student Name: \_\_\_\_\_

Name (Parent/Guardian): \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

List any current health concerns we need to be aware of:

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\_\_\_\_\_  
\_\_\_\_\_

Please sign this page acknowledging that you understand the policies and procedures of High School Health. You need to keep the copy of your syllabus. Parents, if you have any questions, please feel free to contact me by phone, email, or conference. Thank you!