

**Health**

**Course Syllabus**

**2016-2017**

Instructor: Mrs. Zasadny

Classroom: 219

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Class Hour: 3rd and 4th

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**CLAWSON HIGH SCHOOL’S MISSION: The cooperative mission of Clawson High School is to encourage growth in students as independent learners who understand the importance of a well-rounded education.**

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# DESCRIPTION

**This course introduces the fundamental concepts of maintaining a healthy lifestyle. Students will be able to use this information to make intelligent decisions with regard to their health and well-being.**

# ORGANIZATION

This course, which as stated previously, is organized around the basic principles of health and is a requirement for graduation. Students will work with the teacher during class to work on specific ideas within a chapter and section so that the students will be able to work on a daily assignment focused on that topic. Students will have both time, in class and out of class, to finish the daily assignments which will later be turned in for credit and to see if the students understand the concepts involved. In addition, there will be daily and weekly assessments that focus on the topics of the week except when there is a test. The tests follow each chapter and the student will have plenty of notice when each test and quiz will be held. Specifically, the day it will be given and the material that is covered on that particular test or quiz. Along with chapter quizzes and tests, there is one final exam to conclude the course.

# COURSE OBJECTIVES

# The students will...

1. Discover wellness and the 6 components of health.

2. Identify the definition, causes, and management of stress.

3. Identify the nutritional components of food

4 .Recognize eating disorders

5. Describe the importance of over the counter drugs and prescription

medications.

6. See the effects of alcohol on the body.

7. Describe the effects of tobacco on the body.

8. Identify abstinence, STI’s and contraceptives

9. Describe the HIV infection, its relationship to AIDS.

# COURSE TOPICS

The course will cover the following topics:

1. Personal Health and Wellness
2. Social and Emotional Health
3. Nutrition and Eating Disorders
4. Substance Awareness Unit
5. Human Growth and Sexuality

# TEXT (S) AND HIGHLY RECOMMEND SUPPLIES

1. **Binder (w/6 dividers), pencils, red pens, lined paper, notebook and pocket folder (w/8 dividers)**

**Course Policies**

Absences/Makeup Work: When you return from an absence, you are responsible for the following:

• Turning in any homework that was due the day(s) of your absence.

• Reading the textbook section or other material that was used as a resource during

your absence.

• Getting the homework assignment(s) you missed and updating your class notebook.

• Turning in your make-up work.

According to school policy, you have as many days as you were absent to turn in missed

assignments. However, you should turn in at least one make-up assignment as well as the

current assignment each day until you are caught up. If you are absent only on a test day, a note from your parents will be required, and you will be expected to make up the test on the day you return to class. If you are absent any more days, you will have as many days as you were absent to make up the test. Make-up tests must be taken outside of regular class time.

**Class Participation**:

At times we will all be health teachers; therefore, be willing to share your ideas with others. In other words, participate fully in all class activities. Be “on the court” playing the game, not “in the stands” watching what is going on. Special Projects: We will be using projects to explore extended problems that are relevant to us and have real-world connections. For every project I assign, I will provide a scoring rubric that identifies and explains the important components of each project.

**Classroom Rules/Expectations:**

• Be responsible for your work. Bring supplies and homework every day.

• Be in your assigned seat ready to work when the tardy bell rings.

• Seek additional help immediately if a topic seems difficult or requires alternative

approaches to assist in your understanding.

**No personal electronic devices allowed. IT WILL BE TAKEN AWAY BY THE TEACHER. No food or beverages allowed.**

**Grading Policy**

Grade Distribution: Quarter grades will be calculated as follows: **50%** will be determined by tests/volunteer hours**, 30%** by quizzes/CMA/current events, **10%** by assignments, and **10%** by binder/participation. **Semester Exam:** Students cannot retake the end of semester exam. The semester exam counts toward **20%** of the final grade and each marking period counts toward **40%** of the final grade.

**Types of Assessments**: Tests will be given every 2–3 weeks. Concept Mastery Assessment (quiz) will be given after every reading assignment. Projects will be assigned throughout the course. For all assignments, I will provide a rubric or explain the expectations. Several projects will be assigned throughout the course of the year.

**CURRENT EVENTS:**

Current events will be presented on Fridays. Students will be informed on Monday if they will be presenting on Friday. The current event will be collected on Thursdays to be presented on Friday. If a student does not turn in their current event on Thursday it will result in a ZERO. Current Events missed during an excused absence will be allowed to be made up the following Friday.

**Progress Reports**: You will be told of your progress and will be given a partial grade every 2–3 weeks.

**Course Procedures**

Class Binder: You will be required to keep a binder containing notes, long-term

projects, video sheets, homework and journal entries. Your notebook will be turned in for a grade. It should be clearly organized, and each section labeled clearly. For example:

* Journal Entries
* CMA
* Video Sheets
* Notes
* Homework (in chronological order)
* Investigations and Projects

**Clawson Grading Scale:** (Appropriate rounding will be made)

**A 93% - 100% B- 80% - 82% D+ 68% - 69%**

**A- 90% - 92% C+ 78% - 79% D 63% - 67%**

**B+ 88% - 89% C 73% - 77% D- 60% - 62%**

**B 83% - 87% C- 70% - 72% E 0% - 59%**

***IMPORTANT: Parents can track their student’s grade on MISTAR. Instructions for MISTAR including parent username and password,*** are mailed with school information at the beginning of the school year. If you have any questions please ask.

**Signature(s):**

Discuss this course syllabus with your parent(s) or guardian(s).

Please sign and return to me by (insert date:\_\_\_\_\_\_\_\_). I am looking forward

to working with you this year.

I, ( Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ), have read, understand, and accept the Algebra I course syllabus and the course expectations.

I, (Parent/Guardian Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_), have read, understand, and accept the Algebra I course syllabus and the course expectations.

**Personal Statement**

If you are having difficulties with any of the topics covered in this course, see me as soon as

possible. Times when I am available for extra help are included below. In addition, keep the

following thoughts in mind:

• When you worry, “I can’t do it,” tell yourself, “I can do it, and I just need to figure it out.”

• You can always ask for help.

• Set goals every week and recognize your accomplishments.

• Bring a positive attitude and a smile to class.

**Additional Information**

Extra Help: Get extra help when you need it. I will be happy to arrange extra help sessions for anyone who requests it.

School telephone number: 248-655-4200

Best time to call: -Before & after school by appointment, during prep hour by appointment

-Email checked multiple times daily (quickest response time)

-Voicemail checked daily

E-mail: [Corinna.Zasadny@clawsonschools.org](mailto:Corinna.Zasadny@clawsonschools.org)

**Weebly: Zasadny.weebly.com**