

## **Course Syllabus-Health**

### **The Academy @Shawnee High School**

**Course Title:** Health Education (a graduation course)

**Teacher:** La Juan Lewis, location Big Gym. I am available before and after school (usually 7:30-7:40 am and 1:20-2:20 am) or email @ lajuan.lewis@jefferson.kyschools.us. Contact me if you wish to take advantage of this extra time for studying or to sit down and have a conference.

Class Website: <http://www.coachlewispe.com> or [Twitter @coachlewispe](https://twitter.com/coachlewispe)

**Textbook:** Lifetime Health, Friedman, Stine, Whalen. Holt, Rinehart and Winston, 2005.

#### **Optional or Supplemental books/materials:**

Additional material and supplemental resources will be provided via handouts and overheads as needed.

#### **Course Description:**

This course is designed to increase student awareness of their health; of what distinguishes healthy behavior from high-risk behavior, and the ways in which health interacts with the community and environment. This course will encourage the student, to adopt positive health related behavior through skill building that includes decision-making, role modeling, critical analysis, and goal setting.

#### **Course Objectives:**

The student will be able to:

- 1) Promote personal health and prevent disease.
- 2) Practice positive mental and emotional skill building strategies, which will increase responsible behavior to family members and others.
- 3) Establish personal goals and create self-designed programs that promote health behaviors.
- 4) Understand the difference between environment and genetics in an individual's growth and development.
- 5) Demonstrate and apply their knowledge of the infectious cycle and connect this knowledge to public health efforts (community agencies) to prevent disease.
- 6) Recognize the connection between low self-esteem, drug and alcohol abuse and teen pregnancy.
- 7) Assess individual nutritional habits and identify components of a balanced and healthy diet.
- 8) Understand and demonstrate the relationship between advertising techniques and negative health choices.

## **COURSE REQUIREMENTS AND GRADING POLICY**

### **Attendance and Tardy Policy:**

Because there is a direct relationship between student attendance and success in school, each day is important for the attending student. Shawnee High School policy on attendance as stated in our student handbook will be followed and enforced.

### **Assignment Policy and Assignment Grading Weight:**

- 1) **Class work:** Daily class work will be assigned and turned in after completion of the lesson/activity. The student will be responsible in keeping a journal discussing his/her accomplishments in and out of class. It is the student's responsibility to inform the instructor of any long-term absences. Weight: 35% of grade.
- 2) **Tests and Quizzes:** After each section (see Course Content, below), quizzes and tests will be administered. Weight: 25% of grade.
- 3) **Participation:** Weight: 25% of grade.
- 4) **Group Chapter Project:** Periodically, class meetings unless specified by the teacher with Cardinal Success Program. Weight: 15% of grade.
- 5) **Make-up Work:** Make-up work will be allowed for up to one week after the return of a student due to an absence. Other incidences will be decided by the discretion of the instructor. "Forgetting", "losing" and the use of other similar excuses are not valid reasons for make-up.

### **Grade Distribution:**

**A=100-90%**

**B=89-80%**

**C=79-70%**

**D=69-60%**

**F=59% and below**

### **Required Materials:**

**Provided** - 1—Three-ring binder (1 ½ preferred)

**Provided** - Binder paper

Pens and Pencils

The student will be responsible for bringing their materials to class, all assignments, with quizzes and related tests completed in class.