

# Jacksonville School District #117

## High School Health Education

### INSTRUCTIONAL GOALS

**Course Description:** This course is designed to explore different aspects of health. It will assist students to make responsible decisions that will affect them throughout their life. The focus will be on interrelating behavior with one's own health decisions. This class is not only a requirement by the state of Illinois but is also a requirement in order to graduate from J.H.S.

**Course Work:** Students will read from required textbook, come to class take notes, and participate in class discussion. They will complete worksheets, take chapter quizzes and unit tests for grades.

**Class Expectations:** Every student should be able to come into this classroom and feel it is a safe and positive learning environment in which they are given the chance to reach their highest potential. I am looking forward to a **fun and exciting class.**

### NEEDS AND RESOURCES

**Required Materials-** Student Textbook, Notebook, Pen or Pencils, and folders.

**Additional Print Resources-** Glencoe Health Book

### COURSE SCHEDULE

Chapter 1 – Understanding Health and Wellness (**Unit 1**)

Chapter 2 – Taking Charge of Your Health (**Unit 1**)

Chapter 3 – Achieving Mental and Emotional Health (**Unit 2**)

Chapter 4 – Managing Stress (**Unit 2**)

Chapter 5 – Mental and Emotional Problems (**Unit 2**)

Chapter 10 – Nutrition and Health (**Unit 3**)

Chapter 11 – Managing Weight (**Unit 3**)

Chapter 12 – Physical Fitness (**Unit 3**)

Chapter 16 – Reproductive Health (**Unit 4**)

Chapter 17 – Beginning of Life Cycle (**Unit 4**)

Chapter 24 – Sexually Transmitted Diseases (**Unit 4**)

Chapter 19 – Medicines and Drugs (**Unit 5**)

Chapter 20 – Tobacco (**Unit 5**)

Chapter 21 – Alcohol (**Unit 5**)

Chapter 22 – Illegal Drugs (**Unit 5**)

Chapter 27– First Aid and Emergencies (**Unit 6**)

# **POLICIES AND PROCEDURES**

## **General Rules:**

Students are expected to:

1. Be On Time (In your seat, seated when the bell rings)
2. Be Prepared Each Day (Book, Pen/Pencil, Paper, Highlighter, Notebook, Folders)
3. Be Respectful of Others
4. Listen To Instructions the First Time They are Given
5. School Cell Phone/Technology rule is in place – students who break rule will be held responsible by JHS student handbook rules.

## **Classroom Conduct**

- Respect others and their property.
- Raise hand and wait to be called on before speaking.
  
- Please do not talk while someone else is talking.
- If time is given in class to complete an assignment, be on task. (Failure to do so can result in a discipline step)
- Bring your notebook, paper, pen/pencil, planner (recommended) and assignments to class daily.
- No Eating in Class.
- Must have planner to use restroom. No passes given first and/or last 10 minutes of the class period.
- Complete all homework, daily work and projects on time.
- Electronic devices (i.e. cell phones, I-pods, etc.) are to be off and out of sight. Failure to do this will result in the school discipline steps as outlined in the student handbook.
  
- Do not do homework from other classes and/or read a book, unless you have finished the class activity and have all other recent Health assignments turned in.
- Stay in assigned seat until the bell rings.
- Keep a positive attitude, have fun, and try to learn something new every day

## **Consequences for Violating Classroom Rules**

1. Verbal Warning
2. Sent to the Hallway/T.M.R. – Will Contact Home
3. Sent to the Office/O.D.R. – Will Contact Home
4. Conference With Student, Parents/Guardians/Administration

## Assessment

- Nutrition Project
- Test and Quizzes
- From Daily Homework and Participation.
- 20% - of the Semester Grade will come from Semester Final

### **Grading Policies:**

Students that are absent must be excused by the office. Students will be allowed 2 days to make up work based off of the JHS students' handbook guidelines.

**\*\*Students must turn their book in or they will NOT be able to take the semester exam. \*\***