**Gateway STEM High School**

***Learners Today, Leaders Tomorrow!***



**Health & Wellness—10th Grade**

**327E**

**Course Syllabus**

**2023-2024**

**INSTRUCTOR: Dan McVey PLANNING PERIOD: 2nd/5th**

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**COURSE FRAMEWORK:**

* Understanding the basic functions & structures of the human body
* Identifying sources of support for maintaining health & wellness
* Establishing behaviors & habits to promote lifelong health & wellness

**LEARNING OUTCOMES:**

By the end of the course, students will:

* **Understand the 3 aspects of health, and how they are interrelated**
* **Establish behaviors and habits to promote health**
* **Identify resources to utilize in maintaining a healthy lifestyle**

**COURSE OUTLINE:**

**First/Third Quarter**

**Unit 1: Lifestyle factors that promote good health. Risk factors and their impact on health. Influences on health. “The Health Skills.”**

**Unit 2: Describe structures & functions of Skeletal, Muscular, & Nervous Systems. Analyze disorders, treatment, & prevention techniques to maintain healthy Skeletal, Muscular, & Nervous Systems.**

**Unit 3: Describe structures & functions of** **Cardiovascular, Lymphatic, and Respiratory Systems. Analyze disorders, treatment, & prevention techniques to maintain healthy Cardiovascular, Lymphatic, and Respiratory Systems.**

**Unit 4: Describe structures & functions of Digestive and Urinary Systems. Analyze disorders, treatment, & prevention techniques to maintain healthy Digestive and Urinary Systems.**

**Unit 5: Describe structures & functions of Endocrine and Reproductive Systems. Analyze disorders, treatment, & prevention techniques to maintain healthy Endocrine and Reproductive Systems.**

**Second/Fourth Quarter**

**Unit 6: Investigate and analyze the factors that influence dietary choices. Analyze food choices and discuss how it should be used to develop a proper diet.**

**Unit 7: Analyze the physiological, psychological, economic, and social effects of alcohol, tobacco, and drugs for the individual and for society.**

**Unit 8: Investigate and analyze the consequences of sexual activity for the individual, and in society.**

**Unit 9: Identify the characteristics of good mental/emotional health. Develops methods to meet individual mental health needs. Compare the relationship between mental and physical health.**

**REQUIRED MATERIALS:**

* **District Issued Computer**

**Classroom EXPECTATIONS/POLICIES:**

1. Be on time, and be prepared.
2. No talking when it isn’t your turn.
3. Leave other people and their things alone.
4. Use appropriate language.
5. DO NOT TOUCH windows, blinds, A/Cs, heater without permission.

**Virtual Learning EXPECTATIONS/POLICIES (if necessary):**

1. Be logged in and participating during Synchronous Learning times.
2. Complete assignments in a timely manner.
3. Abide by all District technology requirements and rules.

**GRADING POLICY/SCALE:**

**Assignments Descriptions**

**Value**

Formative Do Nows, Participation, homework assignments, group projects, etc. = 50%

Summative Unit Tests and Final = 50%

**TOTAL = 100%**

**Semester Grade Policy:**

**Grading Policy:** Students will follow the grading scale issued by the district which is as follows:

**Grade** **Grading Scale**

A 100 – 90

B 89 – 80

C 79 – 70

D 69 – 60

F 59 and below

Parents may have internet access to their student’s grades and assignments, upon Administrative approval at <https://sis.slps.org/SLPS/Default.aspx>

**Late Work Policy**

Students may turn in late or missing assignments at any time, for no penalty, during the Quarter that assignment was assigned. In other words, missing 1st Quarter assignments will no longer be accepted when 2nd Quarter begins. Any tests can be retaken at any time, pending scheduling.

When students are absent, it’s their responsibility to get the work they missed.

**IMPORTANT!!!**

**HEALTH & WELLNESS IS REQUIRED BY THE STATE OF MISSOURI FOR GRADUATION! IN OTHER WORDS, YOU MUST PASS THIS CLASS TO GRADUATE.**