**Metro Academic & Classical High School**

Health & Wellness Course Syllabus

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| **Course Information** |  **Teacher Information** |
|  Credit Hour: *½ credit (.5)* |  Name: Mrs. Armstrong |
|  Class Location: Health Room Office Location: Gym |  E-Mail: alena.armstrong@slps.org Phone: 314-534-3894 Ext:35161  |

**Course Description/Philosophy**

Young adulthood is a time of major transition and learning. New experiences, responsibilities, perceptions, feelings, opportunities, and friends are all part of growing up. This is likely the period of your life that you will consume the most information from sources outside of your family. At the same time, you will be called upon to begin making numerous decisions regarding your health, life and place in society.

It's understandable that this is a period that can be fraught with confusion, misinformation, peer pressure and anxiety. When you add in the bombardment of social media messaging and advertising, feeling misunderstood, and the natural inclination for experimentation; there is the potential to make unwise decisions that may impact you for years to come.

Knowledge is power. In this course, we will tackle issues central to the health and welfare of young adults. The information contained in this course will not only allow you to make healthy and informed choices for yourself, but allow you to aid others in this as well.

This course is not designed to be a lecture or a list of Dos and Don'ts. The goal is to present a full range of information from a variety of sources, which allows you ingest and process what you are given in order to fortify healthy life-long habits, as well as develop new ideas and mature mindsets regarding your overall health and wellness.

Know that you have a lifetime ahead of you. So please, make wise choices throughout your young adult years so that you may set yourself up for future success in all areas of life, including achieving longevity, a satisfying career and fulfilling relationships. To that end, commit to ingesting this course with the well-being of your future self in mind.

**Classroom Expectations**

* Be on time & ready to learn.
* Be prepared (mentally, emotionally, intellectually, physically, & socially).
* Show respect for all students, staff members, and SLPS property.
* Be engaged. Participate! Communicate with the teacher & your peers.
* **No cellphones.** Please put them away when you enter the classroom.
* Dress appropriately for each day (classroom days & activity days)!

**Student Evaluation**

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| Tests, Projects, & Major Papers | - | 30% |
| Quizzes, Classwork, & Minor Assignments | - | 20% |
| Class Participation & Homework | - | 40% |
| FINAL | - | 10% |
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**Attendance Policy**

Regular and prompt class attendance is an essential part of the educational experience. Metro High School expects students to exercise good judgment regarding attendance and absences. Students will accept full responsibility for ensuring their work does not suffer because of absences. All students are expected to attend every scheduled class on time. Exceptions may be made for illness and valid emergencies.

**Class Requirements**

1. **SEPARATE** Binder for just Health Class, Paper, & Pen/Pencil.
2. All school rules listed in the handbook will be in effect.
3. Late work will be accepted but points will be deducted for each day assignment is late.
4. If a student has an **unexcused absence** from school, they are not permitted to make-up the work they missed, **including tests.**
5. If a student has an excused absence, they have **3 days** from the date of return to school to make-up any work.
6. Be kind, respectful to everyone, and work hard.

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| **Unit/Topic** | **Course Activities** | **Assessments/Assignments** |
| *Personal Health & Wellness* | *Overall Health & Wellness, Lifestyle Factors, Health Literacy, Risky Behavior, Decision Making Processes,* *& Effective Goal Setting* | *Introduction to Health, Concept Maps, Class Projects, Class Activities, Educational Games, Quizzes, Group Work & Test.* |
| *Healthy & Safe Relationships* | *Foundations of a Healthy Relationship, Communication, Peer Pressure, Refusal Skills, & Understanding/Preventing/Overcoming Violence* | *Quizzes, Projects, Class Discussions, Role-Play, Peer Teach, & Guest Speaker* |
| *Mental/Emotional Health*  | *Managing Stress, Cyber/Bullying,**Coping with Loss, Conflict Management,* *& Meditation/Relaxation Techniques* | *Research Projects, Role-Play, Writing Assignments, Yoga, Quizzes, Visualization, Group Activities, & Test.* |
| *Nutrition/Eating Disorders* | *Food Pyramid, Food Labels, Muscles and Bones,* *Dietary Guidelines, Fad Diets, & Body-Image* | *Food Diary, Class Activities, Group Work, Writing Assignments, Film, Quizzes, Portion/Distortion Game, Test.*  |
| *Physical Activity/Exercise* | *Long-Term Benefits of Exercise, Various Sports/Games for Life, Reducing Injuries, Hydration, & Safety for Life* | *Group Work, Lecture, Class Activities, Hands-on Activities, Quizzes, & Writing Assignments* |
| *Substance Abuse* | *Drugs, Alcohol, Use & Abuse of Substances, Psychology of Addiction, Codependency, & Living Drug Free* | *Role Play, Guest Speaker, Film, Projects, Class Activities, Quizzes, Fish-Bowl Discussions* |
| *Diseases & Disorders**Sexual Health Education* | *Understanding Communicable Diseases, Study Emerging Diseases and Pandemics, Preventing and Treating STI’s, HIV/AIDS, Cardiovascular Disease & Cancer* | *Guest Speaker, Power Point Project, Lecture, Class Activities, Quizzes, Test, & Review*  |

**Plagiarism, Cheating, and Academic Integrity**

Plagiarism is the practice of copying words, sentences, images, or ideas for use in written or oral assessments without giving proper credit to the source. Cheating is defined as the giving or receiving of illegal help on anything that has been determined by the teacher to be an individual effort. Both are considered serious offenses and will significantly affect your course grade.