



# Health Education Syllabus

## Health Education Standards

- #1 – Student will comprehend concepts related to health promotion and disease prevention to enhance health.
- #2 – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
- #3 – Students will demonstrate the ability to access valid information and products and services to enhance health.
- #4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- #5 – Students will demonstrate the ability to use decision-making skills to enhance health.
- #6 – Students will demonstrate the ability to use goal-setting skills to enhance health.
- #7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

## Curriculum /Health Units

- Personal Health & Wellness
- Social & Emotional Health
- Nutrition & Physical Activity
- Tobacco, Alcohol & Other Drug Prevention
- Sexuality Education
- CPR and AED training

### In our classroom we will....

- demonstrate responsibility by coming to class on time and prepared (book, pencil, and planner)
- demonstrate integrity by following directions the first time they are given.
- show respect by not speaking out of turn.
- give our best by showing grit and learning from their mistakes.
- be respectful to each other; use the Golden Rule.

## How Your Grade is Determined

Quiz = 40%

Assignments = 40%

Participation/Citizenship = 20%



### Teacher:

Mrs. Julie Adams

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Email is the best way to contact me.

Join my Remind:

Text: @hmshealth to 81010



## Group Activity

- You will work with groups of students. You will rotate groups every unit of study.
- Group Roles:
  1. Spokesperson: Shares the group's ideas with the class. Present information.
  2. Recorder: Writes down the ideas generated in the small group. Keeps records. Tracks attendance.
  3. Manager: Cleans the group's area before leaving. Pick up the floor, straightens and cleans desks, turns lights on/off.
  4. Collector: Gathers the materials the small group needs. Returns all materials.

## Participation/Citizenship

5 points are given for each week. Deductions are made for the following:

- Lack of Effort (2 Point Deduction)
- Not Following Directions/Reminder (2 Point Deduction)
- Tardy to Class (1 Point Deduction)
- Not Prepared for Class (1 Point Deduction)
- Poor citizenship (lack of respect, integrity etc)

## Assignments

- Most assignments can be found in your unit workbook.
- You will receive one book per health unit. Bring this book to class with you everyday.
- Assignments must be completed and turned in on time. **Late assignments will be marked down 10% each day it is late, after 5 days the assignment will not be accepted.**
- Your completed books will be collected after each quiz.
- If you are absent, it is your responsibility to make up assignments. Ask your team mates or the teacher for details.

## Quizzes & Final

- You will have a quiz for each unit and a cumulative final exam at the end of the 10 weeks.
- Quizzes will be based on information and notes in your workbook.
- If you are absent, it is your responsibility to make up the quiz, see the teacher your first day back for details.

## Join my Remind

- Please join my Remind by texting **@hmshealth to 81010**. This is a great way to get reminders for quizzes and homework.

## Complete and Return

Student Name (print): \_\_\_\_\_

Hour: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Did you sign up for Remind? \_\_\_\_\_

