**HEALTH Syllabus**

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**Purpose of Course: To meet the Essential Academic Learning Requirements while promoting a strong work ethic and teamwork among students. Health is also a graduation requirement for all students.**

**Course Description: Health is a course designed to encourage and help young people make choices that promote physical, mental and social well-being. The course emphasizes acquiring knowledge, skills and attitudes as a means to healthy lifestyles and behaviors.**

**Textbook/Materials used in class: Glencoe Health (in class textbook)**

**Grading/Assessment:**

**Daily work will prepare the student for passing the standard assessment at the end of each week. Each week we cover a new chapter / topic(s). All classroom work is due at the end of the week either Thursday or Friday. Student’s will create a work packet for the week that will then be turned in. Each week the packet is worth 25pts. You will be able to see the grades for weekly work if you access their grades online. It will be important for students to do their daily work and keep their assignments together. By doing all their daily work they will be able to use their notes for the assessments, otherwise they will not be able to use them. By keeping their daily work students will be able to achieve a higher score on the weekly packet.**

**Assessed Standards:**

**Students will be able to:**

 **1. A Healthy Foundation - Identify and create a positive plan for coping with situations related to the physical, social, and emotional transition from adolescence to adulthood.**

**2. Nutrition -Evaluate the relationship of nutrition planning to physical performance and body composition as you age; analyze the effectiveness of various nutritional products; analyze the physiological and psychological changes throughout their lifetime. Evaluates how family and cultural factors impact health.**

**3. Body Image - Analyze healthy and unhealthy eating patterns. Evaluates health and fitness information, products and services.**

**4. Substance Abuse - Evaluates the stages of addiction and dependence and the impact on the individual, the family and society. Analyzes legal implications of drug, alcohol, and tobacco use. Analyzes various treatment options and recovery processes.**

**5. Stress Management - Evaluates personal stressors and distinguishes between controllable and uncontrollable factors. Create personal stress management strategies.**

**6. Promoting Safe and Healthy Relationships - Analyzes types of abuse and risky situations and how to respond appropriately and safely. Analyzes conflict situations. Applies techniques to avoid sexual harassment, intimidation, and bullying in home, school and community.**

 **7. STDS, HIV/AIDS and Reproduction - Analyzes changes with the reproductive system throughout their lifetime. Evaluates potential consequences of being sexually active. Evaluates strategies to avoid negative health outcomes associated with sexual behaviors.**

**8. Personal Care and Communicable Diseases - Analyzes hereditary factors affecting growth, development and health. Analyzes and applies personal health practices and how they affect communicable diseases.**

**9. Injury Prevention and Environmental Health - Evaluates emergency situations, ways to prevent injuries, and demonstrates skills to respond appropriately and safely. Evaluates how environmental factors affect health. Evaluates environmental risks associated with certain occupational, residential and recreational choices. Analyzes how nutrition, sleep, exercise, disease, and substance abuse influence health throughout the adult life span**

**Classroom Expectations: Good attendance is the first and foremost of all expectations for Health. Come prepared every day and ready to learn. Be respectful to all (peers, teachers and speakers) who are in the classroom. Cell phone usage is very limited. Please remember that we understand when you need to contact your child it is often by cell phone, however, please call the office if it is an emergency and someone will come down to get them.**

**Tardy and Attendance Policy: Students are expected to be to class on time and prepared to work. If the student is late they are to bring a note from the office. Tardy policy follows school rules. Absences will follow school policy. If a student has a planned absence for an extended period of time, please tell the teacher well in advance so that the student does not fall behind in their work. Attendance and tardy issues will directly affect their ability to learn the material needed to pass the assessment for each standard.**

**Student Name (Please Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name (Please Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**