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| **Limestone Community High School** | | | | | |
| **small_lchs2.gif** | | **HEALTH**  **SYLLABUS**  **Year:** **2011-2012** | | | **small_lchs2.gif** |
| **Instructor:** | Mr. Derek Renz | | | | |
| **Classroom:** | 316 | | | | |
| **Planning Period:** | 1st Semester 1st; 2nd Semester 7th | | | | |
| **Office Phone:** | 309-697-6271 ext. 316 | | | | |
| **Email Address:** | drenz@limestone.k12.il.us | | | | |
| **A. Course Information** | | | | | |
| **Grade Level:** | | | 9 | | |
| **Prerequisite(s):** | | | none | | |
| **Length of Course:** | | | 1 semester | | |
| **B. Course Description** | | | | | |
| Health Education is a program to aid students to achieve their fullest potential necessary to attain high levels of health throughout their lives. The goal of health class is to develop the inter-relationships of physical, mental, emotional and social health in order to achieve a state of complete well being. Learners will establish a solid foundation for maintaining healthy, active, and productive lives. Learners will communicate and work in ways that promote and maintain dignity and respect for themselves and others. Through mastery of knowledge, skills and behaviors essential to healthy living, learners will accept responsibility and consequences for personal decisions and behaviors. | | | | | |
| **C. Course Standards** | | | | | |
| \* Students will nderstand principles of health promotion and the prevention and treatment of illness and injury.  \* Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  \* Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.  \* Students will understand human body systems and factors that influence growth and development.  \* Students will be able to promote and enhance health and well-being through the use of effective communication and decision-making skills.  \* Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.  \* Student identifies and represents ratios and rates as comparisons, and reasons to find equivalent  ratios to solve problems .  \* Student uses understanding of organizational patterns to guide the comprehension of informational texts | | | | | |
| **D. Course Benchmarks/Objectives/Goals/Topics** | | | | | |
| \* Explain the basic principles of health promotion, illness prevention and safety.  \* Analyze how the culture supports and challenges health beliefs, practices, and behaviors.  \* Analyze how peers influence healthy and unhealthy behaviors.  \* Describe and explain the factors that influence health among individuals, groups and communities.  \* Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.  \* Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.  \* Describe and explain the structure and functions of the human body systems and how they interrelate.  \* Explain the effects of health-related actions on the body systems.  \* Describe factors that affect growth and development.  \* Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.  \* Apply decision-making skills related to the protection and promotion of individual health. | | | | | |
| **E. Text and Required Supplies** | | | | | |
| **Textbook:** | | | Glencoe Health | | |
| **Workbook:** | | |  | | |
| **Supplies:** | | | pen, pencils, paper, 1 pocket folder | | |
| **Supplemental Material:** | | |  | | |
| **F. Nine-Weeks Term Grading Plan** | | | | | |
| Daily Work**:** | | | | 20% | |
| Assignments**:** | | | | 30% | |
| Tests/Projects**:** | | | | 30% | |
| **:** | | | |  | |
| **:** | | | |  | |
| **:** | | | |  | |
| Term Assessments**:** | | | | 20% | |
| **G. Semester Grading Plan** | | | | | |
| Term 1: | | | | 50% | |
| Term 2: | | | | 50% | |
| **H. Limestone High School Grading Scale** | | | | | |
| A: | | | | 94-100 | |
| B: | | | | 86-93 | |
| C: | | | | 77-85 | |
| D: | | | | 70-76 | |
| **I. Expectations** | | | | | |
| 1. No passes. 2. No electronic devices. 3. No food or beverage. 4. Tardies are unacceptable.   5. Be Respectful – to me, to your classmates, to yourself.  6. Have your book, notebook, pen or pencil, and the school planner EVERYDAY. | | | | | |
| **J. Tentative Schedule** | | | | | |
| August/January: Chapters 1-2  September/February: Chapters 3-4  October/March: Chapters 10, 16  November/April: Chapter s6, 7,8,9, 11  December/May: Chapters 20, 21, 22 | | | | | |
| **K. Other** | | | | | |
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