

Central Islip High School
Dept. of Health and Phys. Ed.
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Health Education Syllabus

Health Educators:

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NYS Health Education Learning Standards

Standard #1: Personal Health and Fitness

Students will recognize the relationship between behaviors and healthy development. They will understand ways to promote health and will demonstrate and practice positive health behaviors.

Standard #2: A Safe and Healthy Environment

Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others.

Standard #3: Resource Management

Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services.

Course Description

An individual's health can be broken down into six areas, all of which are interrelated: Physical Health, Mental Health, Emotional Health, Social Health, Environmental Health, and Spiritual Health. Some of the topics and activities of this class will target one specific area of health, while others may cover several. This is the nature of health education since a breakdown in one area of health typically has an effect on one or more other aspects of health. Central Islip officially uses the Health Smart Curriculum to cover the following topics.

- Alcohol, Tobacco, and Other Drugs
- Exercise, Diet, and Nutrition
- Family Life and Sexual Health
- HIV/AIDS and other STIs
- Conflict Resolution
- Self-Esteem/Self-Confidence
- Disease Awareness and Prevention
- Environmental Health
- Stress Management and Violence Prevention

Course Objectives

- To facilitate interactive learning experiences which provide students with the knowledge, skills, and attitudes necessary to make positive health-related choices.
- To enable students to make healthy behavior changes regarding their physical, mental, emotional, social, and environmental health.
- To provide students with the knowledge and skills necessary to access valid and reliable health information and resources.

Course Requirements

Required Materials: A one-subject notebook with full-sized pages for classroom notes, removable paper for classroom assignments, and a pen.

Prohibited Items: Cell phones, digital cameras, MP3 players, or any other electronic devices that aren't needed to participate in class discussions or activities.

Assignments, Projects, and H.W.: "Beginning of Period" and "Do Now"

Assignments are to be worked on and completed within the first five minutes of class. Additionally, all homework assignments and projects must be completed on time. If a student is absent, the assignment is due on the next day of class or it may be e-mailed to the health teacher. Each class day an assignment or project is late, will result in a grade reduction. Homework assignments and handouts will be available on the health teacher's website for students who were absent or who need another copy. Furthermore, students will be required to complete at least one project during the year. Details on this project will be provided at a later time.

Note: Students who miss or fail an assignment or exam can request to makeup the assignment or exam. However, consideration will be given based on individual circumstances, prior student performance, and behavior. Also, students can earn extra credit by doing extended research projects or by developing an organized portfolio of all their work for the quarter.

Attendance and Lateness: All students are expected to be on time. Continual lateness and absenteeism will significantly affect the student's participation grade. Furthermore, students are responsible for getting missed notes and making up assignments and exams. Also, if a student is absent more than 18 times they cannot receive course credit and therefore will not be allowed to graduate.

Criteria for Quarterly Grades

Participation	25%	95-100= A+
Individual/Group Projects	25%	90-94= A
Homework/In-Class Assignments	25%	85-89= B+
<u>Exams/Quizzes</u>	<u>25%</u>	80-84= B
Total:	100%	75-79= C+
		70-74= C
		65-69= D
		Below 65= F