

Health Education Syllabus

Maple School

Physical Education/Wellness Department

Course Information

Teacher: Mrs. Rathge

Course Name: Health

Course Length: 9 Weeks (1 Quarter)

Availability:

Before and After School: By Appointment

During School: 5th Period

Contact Information:

Email: jrathge@district30.org

Phone: (847) 400-8998

Teacher Page: Everything can be found in Schoology

The purpose of health education is to achieve lifetime health literacy, by building the capacity of an individual to obtain, interpret, and understand basic health information and services. Along with developing the competence to utilize such information and services in ways that are health enhancing.

Goals

As a result of taking health education students will learn how to...

- Analyze information and influences
- Communicate their thoughts and feelings effectively
- Make wise decisions that protect their health
- Set goals that translates knowledge into behavior
- Apply the factors and behavior that promote lifelong wellness
- Become advocates for life-long wellness

Be Responsible

- Be on time to class
- Come to class prepared

Be Respectful

- Not putting yourself or others down
- Not using offensive language, actions, or phrases in class

Be Ready to Learn

- Come to class with your work completed
- Have something to write with and write on

- Come with an open mind!

Units

6th Grade:

- Body Systems Overview (Skeletal System)
- Personal Health and Hygiene
- Injury Prevention and Safety
- First Aid
- Fitness For Life

7th Grade:

- Body Systems Breakdown
- Diseases
- Family and Social Health
- Growth and Development
- Alcohol, Tobacco, and other Drugs
- Relationships
- Fitness for Life

8th Grade:

- Mental Health
- Consumer Health
- Diseases
- Alcohol, Tobacco, and other Drugs
- Relationships
- Suicide/Suicide Prevention
- Stress, Stress Management

Course Requirements

Individual Work

- In class daily assignments, homework

Partner/Group Work

- In class assignments, activities, discussions

Class Presentations/Projects

- Individual and Group Projects

Quizzes (Pre-Test)

- Knowledge of material prior to new unit

Tests

- Tests will be announced as soon as possible (typically end of each unit)

Required Materials

Supplies Needed:

- iPad
- Folder
- Pens/Pencils/Coloring Supplies

Evaluation and Grading

In Health Education students will be evaluated on homework assignments, quizzes, tests, projects and participation in class activities. The weighting of grades is as follows:

Participation/In-Class Activities: 20%

Homework: 5%

Quizzes/Tests/Projects: 75%

Maple Grading Scale

90-100% A

80-89% B

70-79% C

60-69% D

59% and Below F

Late Assignments/ Make-Up Work

Assignments should be turned in on the date they are assigned by the teacher. If you know that you are going to be absent, please let me know in advance, so I can get you any materials that you may miss while you are gone, these items will be available online for access at home. If you have an unplanned absence please do not worry, I will help you get caught up and will give you plenty of time to turn in any missed work for full credit. However, if an assignment is turned in past the due date, it will be accepted for reduced credit.

MLA Format

All submitted work must include the MLA8 heading and, when applicable properly formatted Citations and Works Cited page.

Attendance and Tardiness, Academic Integrity, Classroom Conduct, Technology

Refer to Student Handbook

*Please refer to Schoology if you need any document of study guide for my class. You will find everything you need there and it will be up to date.

******You may sign this document or complete the google form to receive credit.**

Student Acknowledgment-Student's Copy

I have read Mrs. Rathge's Health Syllabus and I understand and agree to the material outlined. Student

Name: _____

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Please sign and detach the bottom copy for my records. The top copy on this page is for your records.

Student Acknowledgment-Teacher's Copy

I have read Mrs. Rathge's Health Syllabus and I understand and agree to the material outlined. Student

Name: _____

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

(Please return this to me no later than _____)