

# Health Education Syllabus

## Maple School

### Physical Education/Wellness Department

### Course Information

**Teacher:** Mrs. Bramlage

**Course Name:** Health

**Course Length:** 9 Weeks (1 Quarter)

**Availability:**

Before and After School: By Appointment

During School: 5th Period

**Contact Information:**

**Email:** [cbramlage@district30.org](mailto:cbramlage@district30.org)

**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.

**EQUITY STATEMENT**

District 30 exists to create a community that craves learning, fosters resilience and cares deeply about every student. We embrace all aspects of diversity and its contributions to learning. Equitable access, representation, and participation in educational opportunities generate the most effective learning environment for ALL students and prepares students to become global citizens. We do not tolerate racism, hate, or other discriminatory actions.

**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**

#### **6<sup>th</sup> Grade:**

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

#### **7<sup>th</sup> Grade:**

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

#### **8<sup>th</sup> 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.

### **Request to Opt-Out**

If you prefer that your child opt-out of the Growth & Development presentation education session (7th grade), please email Asst. Principal, Angela Jaeger ([ajaeger@district30.org](mailto:ajaeger@district30.org)).

### **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 or study guide for my class. You will find everything you need there and it will be up to date.