

Cactus Shadows High School

Health 2019-20 Syllabus

It is the mission of Cactus Shadows High School to provide a foundation for each student to become a lifelong learner, to promote development of the whole individual, and to provide opportunities for each student to become a productive member of a global society.

Instructors:

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Office Hours: Monday, Tuesday, Wednesday, Thursday **24 hours advanced notice required

Course Description: Introduction to Physical, Mental, Emotional, and Social Health concepts. Analysis of intrinsic and extrinsic factors that have an effect on cognitive, affective, and psychomotor abilities in the human body. Practicing healthy behaviors through goal-setting and decision-making.

Student Objectives:

After successful completion of this course, students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information, products, and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Course Rationale: Research indicates that students who are provided with information on healthy versus unhealthy behaviors and given skills to identify and change their current health practices will be much more likely to live a long and healthy lifestyle. Students who are asked to practice these skills are much more likely to adopt them into their daily lives and continue to practice them throughout their lifetime.

Required Materials:

- Pen, #2 Pencil, Highlighters
- 1/2" 3 ring Binder
- 9 tab dividers for the 3 ring-binder
- Loose leaf paper
- 1 of the following to donate to classroom: Kleenex, Hand sanitizer, Clorox wipes

District Policy JK-R

A student may be subject to disciplinary action when the student engages in any of the following forms of academic misconduct:

- **Lateness** - For missing or leaving school or class without permission or excuse.
- **Cheating** - Including but not limited to copying, using unauthorized help sheets and the like, illegally obtaining tests in advance, substituting for a test-taker, and other forms of unauthorized collusion.
- **Plagiarism** - Representation of the ideas or work of another person as his/her own.
- **Collusion** - Supporting malpractice by another student as in allowing one's work to be copied or submitted for assessment by another.
- **Duplication of work** - Presentation of the same work for different assessment components and/or requirements.
- **Fabrication of Data** - Manufacturing data for a table, survey, or other such requirement.
- **Any behavior that gains an unfair advantage** for a student and/or affects the results of another student.

Cactus Shadows High School takes academic dishonesty seriously. Any violation of this policy will result in a zero for the assignment/assessment for a first offense, a zero for the assignment/assessment and short term suspension for a second offense and a loss of credit for the semester course (.5) and short term suspension for a third offense.

Students who share assignment/assessment information with other students via pictures, paper or electronics will receive a zero on the assignment/assessment and a short term to long term suspension (prior academic misconduct referrals from any other school or CCUSD grade level will be considered).

School Absence Policy

Students are responsible for contacting teachers to complete missed work. Parents can e-mail teachers to request homework to pick up during a student's absence. For every day of excused absence, a student has two days to make up homework, classwork, quizzes, and tests (parents have 24 hours to contact the school to excuse the absence). Work previously assigned with a due date during an absence is due on the first day of his/her return to school (including suspension dates). Be advised that each department, which assigns extended projects, has specific deadline dates. All make up work from an excused absence is eligible to receive full credit if completed and turned in within the 2 day window. Some courses such as Honors, Advanced Placement, International Baccalaureate and Dual Enrollment courses have numerous long-term projects or portfolios, which may have absolute deadlines. Students will be advised of these project/portfolio deadlines in the course syllabus or on grading outlines and will be expected to turn in projects/portfolios prior to the designated date for credit regardless of days

absent. **Assignments, tests, quizzes not completed within the 2 day window will receive a zero.**
(Ref: Board Policy JH-R)

Course Evaluation and Grading:

- 100-90% = A
- 89-80% = B
- 79-70% = C
- 69-60% = D
- 59-0% = FAIL

Students will be graded on the following:

- Assignments – Given by the instructor, collected and graded.
- Tests – 1 midterm, 1 final, Tests at the end of every unit.
- Extra Credit – May be given upon situation and teacher discretion.

1000 – Total Points

- Unit Assessments – 280 Points
- Mid Term – 65 Points (Units 1,4,5,6)
- Final – 200 Points (Units 1-9)
- Portfolio Checks - 100 Points
- Projects - 175 Points
- Assignments - 180 Points

*** The online textbook may be accessed through the teacher website.

Class Rules:

- Be Prepared and On-Time
- RESPECT – each other, staff, and the class materials.
- No food or drink allowed in classroom except for a water bottle with a sealable lid.
- Classrooms are now designated as ‘No Phone Zones’ except with teacher permission. All phones are expected to be housed in backpacks during class time.

Textbook:

The textbook is available for viewing at any scheduled parent/teacher meeting, during parent teacher conferences and online.

- Glencoe Health. Author Mary H. Bronson, PH.D. Copyright 2011. ISBN: 978-0-07-891328-0

Human Growth and Development Unit:

During the course of this class, students complete units on human growth and development. The following topics are discussed. Please check the topics you would like to have your student **excused** from viewing and learning. Your student will be given alternative assignments for submission during any chapters in which they are excused from viewing.

- ____ Chapter 16 Lesson 2 Male Reproductive System
Lesson 3 Female Reproductive System
- ____ Chapter 17 Prenatal Development and care
Heredity and Genetics
Birth through Childhood
- ____ Chapter 18 Changes during early adolescence
Adulthood, Marriage, and Parenthood
Health through the Life Cycle
- ____ Chapter 24 Sexually Transmitted Diseases

Any questions regarding curriculum and instruction can be answered by the teacher of record.

I have read and agree to the classroom policies and consequences for the Health class.

Student Name (Printed)

Student Signature

Date

Parent / Guardian Name (Printed)

Parent / Guardian Signature

Date

Movie and Guest Speaker release:

Speaker may include our school resource officer, Not My Kid, and other health care professionals within the community. Movies shown in class include the following: *SuperSize Me*, *Dying to Be Thin*, *Life's Greatest Miracle*, *Temple Grandin*, *Speak*, *Truth about Alcohol*, and *Truth about Drugs*.

___ Yes, my child **can** participate in all class movies and guest speakers.

___ No, my child **cannot** participate in class movies and guest speakers.

Parent / Guardian Signature

Date