

## Health 2 Syllabus

Reynolds High School – School Year (2024-2025) - Semester 1



Instructor: **Alex Heckel (Room 124)**

Master of Education, Portland State University

Bachelor of Science Health Education & Physical Education, Western Oregon University

Associate of Arts, Mt. Hood Community College

**Contact:** Email is [ahECKEL@rsd7.net](mailto:ahECKEL@rsd7.net) or send a message through StudentVue/ParentVue and Schoology.

### Course Description: Health 2 is a required 1 semester class.

Health is the study of physical, mental/emotional, and social well-being of people. This course is designed to obtain (gain) knowledge to help make healthy choices now and later in life. This course is designed to build skills to help make healthy choices. The following skills are embedded into our Standards and will be practiced and demonstrated through our units:

Decision Making	Analyze Influences	Access Information	Self-Management	Goal Setting	Advocacy	Communication Skills	Concepts
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### Materials Needed for Class

1. Chromebook
2. Spiral or Composition notebook
3. Pens & highlighter
4. RHS Planner or an organizational tool

### Schoology and In-Class

There will be activities in Schoology for students to prepare, practice and apply learning on content. In Class, we will have opportunities to discuss, reflect, and learn together content and skills of the course. All materials will be posted on Schoology as a reference and if students miss.

### Grading will be based on the following:

1. Classwork: This includes class activities to practice and activities provided through Schoology = 35%
2. Mastery: Projects and Tests demonstrating proficiency in the above Health Skill Standards = 65%

100-90%	A	Student fully understands the content & course objectives have been mastered
89-80%	B	Student understands content & course objectives are above average level.
79 -70%	C	Students understand content & course objectives are at an average level.
69-60%	D	Student did not display understanding of content & minimum course objectives are met.
59% Below	F	Student did not display understanding of content & course objectives were not met receiving no credit

### Expectations: POWER (Prepared & Punctual, Organized, Writers, Engaged, Respectful)

**P** = Be in class on time, prepared, and ready to learn.

**O** = Have your Chromebook, notebook, and be ready for Classes!

**W** = We are ready to Write, that could be reflection in personal notebook or class activities.

**E** = Listen to directions and Actively participate in class; sharing ideas, working with others, and hearing others thoughts.

**R** = Respect our class environment for fellow students. Follow the Class Norms established together to create a safe learning environment for everyone.

### Other important things to know...

1. Yes, you can retake test, quizzes and fix projects!
2. If you miss class, we will work together to get caught up!
3. Late Work will be accepted with no Penalty to Grade.
4. Missing Assignments or Projects could cause grade reduction.
5. Attendance will be taken.
6. Most work will be submitted through Schoology.

<b>Theme:</b>	Aspects of Health
<b>Topic:</b>	What is Health? Identifying Health Risks. Taking responsibility for your Health.
<b>Building Health Skills:</b>	<i>Making Decisions, Concepts, Goal Setting, Analyze Influence, &amp; Advocate</i>
<b>Mastery Assessment:</b>	Who am I project and reflection
<b>Theme:</b>	Nutrition
<b>Topics:</b>	Nutrients, Making Healthy Food Choices, Connecting Diet and Lifestyle Disease
<b>Building Health Skills:</b>	Advocacy, Accessing Information, Concepts, Self-Management, Goal setting
<b>Mastery Assessment:</b>	Quiz, Food Log/Reflection, Create a Goal
<b>Theme:</b>	Mental and Emotional Health
<b>Topic:</b>	Emotions, Personality, Managing Stress, Anxiety, Depression, Violence and suicide, self esteem
<b>Building Health Skills:</b>	Access Info, Concepts, Goal Setting, Analyze Influence, & Advocate
<b>Mastery Assessment:</b>	Stress Comic, Mental Health Advocacy Flyer
<b>Theme:</b>	Substance Abuse
<b>Topics:</b>	Drug categories, short-term and long-term effects of drugs, cycle of addiction, refusal skills
<b>Building Health Skills:</b>	Concepts, decision making, Self -Management, Advocacy, Analyzing Influences
<b>Mastery Assessment:</b>	Quiz, Dope Rhymes Project
<b>Theme:</b>	Human Sexuality
<b>Topics:</b>	Reproductive Systems, Fertilization, Fetal Development, Healthy Relationships, Communication
<b>Building Health Skills:</b>	Concepts, self-management, accessing information, analyzing influences
<b>Mastery Assessment:</b>	Script on healthy communication, boundaries, consent, or protection