

Health 10 Syllabus

Reynolds High School – School Year (2023-2024) - Semester 1



Instructor: **Keon Hosseini**

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Course Description: Health 10 is a required yearlong 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-Person

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 the content and skills of the course. Most 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 = 40%
2. Mastery: Projects and tests demonstrating proficiency in the above Health Skill Standards = 50%
3. Final: Project or presentation demonstrating learning from the entire semester=10%

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	Student understands content & course objectives are at an average level.
69-60%	D	Student did not display understanding of content & minimum course objectives were 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 a reflection in personal notebooks or class activities.

E = Listen to directions and actively participate in class; sharing ideas, working with others, and hearing other 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 tests, 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. Some work will be submitted through Schoology.

Introductory of Health	
Theme:	What is Health?
Topic:	What is Health? Identifying Health Risks. Taking responsibility for your Health.
Building Health Skills:	<i>Making Decisions, Concepts, Goal Setting, Analyze Influence, & Advocate</i>
Body Systems	
Theme:	Body Systems
Topics:	Identify the different systems of the body How each system works and support each other
Building Health Skills:	<i>Analyzing Influences, Self-Management, Concepts, Access Information</i>
Exercise & Nutrition	
Theme:	Exercise & Nutrition
Topics:	Exercise & life-long Fitness Making Healthy Food Choices
Building Health Skills:	<i>Advocacy, Accessing Information, Concepts, Self-Management, Goal setting</i>
Lifestyle Diseases	
Theme:	Lifestyle Diseases
Topics:	Cancer Diabetes Heart disease
Building Health Skills:	<i>Concepts, Self-Management, Analyze Influence, and Accessing Information</i>
Infections	
Theme:	Infections
Topics:	Types of pathogens Mode of transmission Cycle of infections
Building Health Skills:	<i>Concepts, Self-Management, Analyze Influence, and Accessing Information</i>

Second semester information will come out at a later date