

## Health 9 NC Syllabus

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



Instructor: **Keon Hosseini**

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### Course Description: Health 9 NC is a required semester long 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:

<b>Decision Making</b>	<b>Analyze Influences</b>	<b>Access Information</b>	<b>Self-Management</b>	<b>Goal Setting</b>	<b>Advocacy</b>	<b>Communication Skills</b>	<b>Concepts</b>
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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 sometimes 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 content and skills of the course. An emphasis on the connection between content and language is found in this class.

### 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 stated Health Skill Standards = 50%
3. Final: Project or presentation demonstrating learning from many health skill standards = 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 chrome-book, notebook, and be ready for classes!

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

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

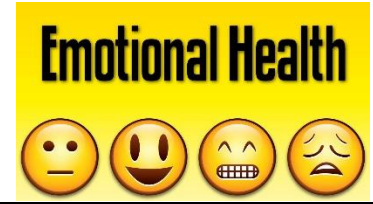
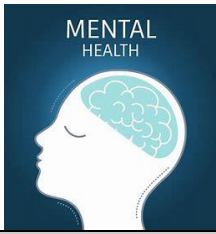
**R** = Respect our class environment for fellow students. Follow the class norms established together to create a safe learning environment for everyone.

### 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. **There will be little to no homework.**

## Introductory of Health

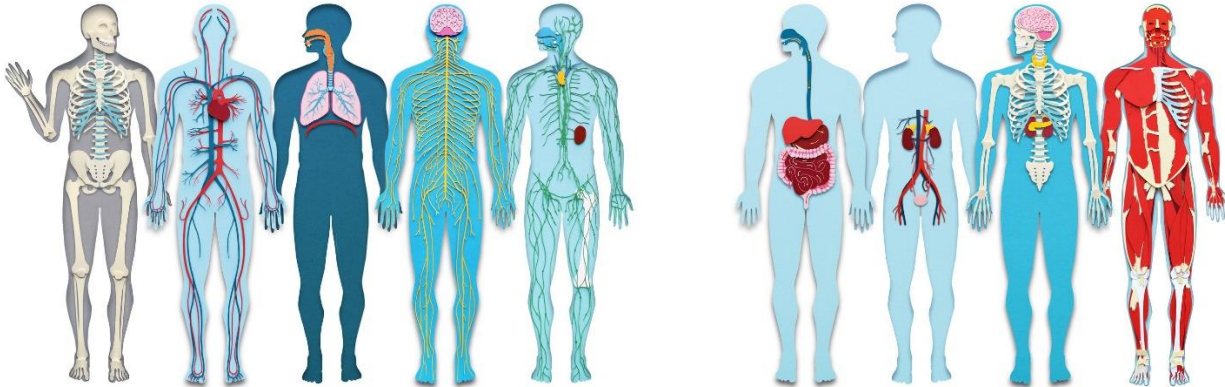
**Theme:** What is Health?  
**Topic:** What is Health? Identifying Health Risks. Taking responsibility for your Health.  
**Building Health Skills:** Making Decisions, Concepts, Goal Setting, Analyze Influence, & Advocate



## Body Systems

**Theme:** Body Systems  
**Topics:** Identify the different systems of the body  
How each system works and support each other

**Building Health Skills:** Analyzing Influences, Self-Management, Concepts, Access Information



## Exercise & Nutrition

**Theme:** Exercise & Nutrition  
**Topics:** Exercise & life-long Fitness  
Making Healthy Food Choices  
**Building Health Skills:** Advocacy, Accessing Information, Concepts, Self-Management, Goal setting



## Human Sexuality

**Theme:** Human Sexuality

**Topics:** Reproduction  
STI, how can be contracted and what they are.  
Treatment  
Contraceptive Methods  
Consent

**Building Health Skills:** *Advocacy, Concepts, Self-Management, Analyze Influence, and Accessing Information*



### Drugs & Alcohol

**Theme:** Drugs & Alcohol

**Topics:** Different Types of Drugs & Alcohol  
Effects of Drugs & Alcohol  
Addiction & Prevention

**Building Health Skills:** *Advocacy, Concepts, Self-Management, Analyze Influence, and Accessing Information*

