

## Health 10 Syllabus

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



**Instructor:** Mat Rios

**Phone with ext.** 503-667-3186x1053

Master of Teaching, Western Governors University

Bachelor of Arts English, Certification Technical/Professional Writing Washington State University

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

### Course Description: Health 10 is a required year-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:

Decision Making	Analyze Influences	Access Information	Self-Management	Goal Setting	Advocacy	Communication Skills	Concepts
-----------------	--------------------	--------------------	-----------------	--------------	----------	----------------------	----------

### Materials Needed for Class

1. Chromebook
2. Spiral or Composition notebook
3. Pens & highlighter
4. RHS Planner is a MUST

### Schoology and In-Person

There may be some activities in Schoology for students to prepare, practice and apply learning on content. In Class, we will have ample opportunities to discuss, reflect, and learn together content and skills of the course. Some materials may be posted on Schoology as a reference and if students miss 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 above Health Skill Standards = 50%
3. Final: End of Term Exam/Project= 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	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 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 daily.
6. Some work may be submitted through Schoology.

Aspects of Health	
<b>Theme:</b>	<b>What is Health?</b>
<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>	<b>Quiz:</b> <i>Concepts</i> <b>Project of My Health Power Point</b>
Body Systems	
<b>Theme:</b>	<b>Body Systems</b>
<b>Topics:</b>	Identify structures, functions, and interactions of organs in the Digestive, Circulatory, Nervous, Excretory, Respiratory, Skeletal, Muscular, Endocrine, Immune, Integumentary, Lymphatic, and Reproductive Systems.
<b>Building Health Skills:</b>	<i>Concepts</i>
<b>Mastery Assessment:</b>	<b>Quiz:</b> <i>Concept</i> Body Systems Gingerbread Person
Exercise & Nutrition	
<b>Theme:</b>	<b>Exercise &amp; Nutrition</b>
<b>Topics:</b>	Exercise & life-long Fitness Making Healthy Food Choices
<b>Building Health Skills:</b>	<i>Advocacy, Accessing Information, Concepts, Self-Management, Goal setting</i>
<b>Mastery Assessment:</b>	<b>Quiz:</b> <i>Concepts</i> <b>Project of Choice (Students will pick 1 of the below Projects)</b> 1. Analyze personal Fitness or Nutrition and Set a Goal to improve: <i>Goal Setting</i> 2. Impact Exercise & Nutrition has on reducing the risk of Disease: <i>Self-Management</i>
Preventing Diseases	
<b>Theme:</b>	<b>Preventing Diseases</b>
<b>Topics:</b>	Infectious vs. Lifestyle/Chronic Diseases Risk Factors: Controllable vs. Uncontrollable Prevention, Awareness, and medical Support
<b>Building Health Skills:</b>	<i>Analyzing Influences, Self-Management, Concepts, Access Information</i>
<b>Mastery Assessment:</b>	<b>Quiz:</b> <i>Concept</i> <b>Project of Choice (Students will pick 2 of the below Projects)</b> 1. "Covid Updates": <i>Access Information</i> 2. "Cancer Awareness": <i>Self-Management</i> 3. "What puts people at risk?" <i>Analyze the Influences</i>
Second Semester Curriculum will be shared later	