Health 9 Syllabus

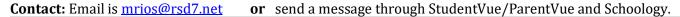
Reynolds High School - School Year (2023-2024) - Semester 1

Instructor: Mat Rios Phone with ext. 503-667-3186 x 1053

Master of Teaching, Western Governors University

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

Room Number: 124



Course Description: Health 9 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:

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

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 might 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. Some 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: End of Term Exam/Project= 10%

100-90%	Α	Student fully understands the content & course objectives have been mastered
89-80%	В	Student understands content & course objectives are above average level.
79 -70%	С	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%	F	Student did not display understanding of content & course objectives were not met receiving
Below		no credit

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

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

0 = 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.



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

Mastery Assessment: Quiz: Concepts

Project of My Health Power Point

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

Mastery Assessment: **Quiz:** *Concept*

Projects

1. Packet

2. Drawing & Labeling of specifics systems in the system (Life Size Posters)

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

Mastery Assessment: Quiz: Concepts

Projects:

1. Analyze personal Fitness or Nutrition and Set a Goal to improve: *Goal Setting*

2. Impact Exercise & Nutrition has on reducing the risk of Disease: *Self-Management*

Human Sexuality

Theme: Human Sexuality

Topics: Reproduction

STI, how can be contracted and what they are. Treatment

Contraceptive Methods

Consent

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

Assessment: Quiz: Concept

Projects:

1. Packet Work

Drugs & Alcohol

Theme: Drugs & Alcohol

Topics: Different Types of Drugs & Alcohol

Effects of Drugs & Alcohol Addiction & Prevention

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

Assessment: **Quiz:** Concept

Projects:

1. Packet Work

2. Speech