

Health 9 Syllabus

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



Instructor: **Kyle Swoboda**

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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 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

Learning Expectations: Schoology and In-Person

There will be activities in Schoology for students to prepare, practice and apply learning on content using the internet and their Chromebooks. In Class, we will have opportunities to discuss, reflect, and learn content and skills of the course together. All materials will be posted on Schoology as a reference and if students miss a 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 = 60%

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.

Introductory of Health & Aspects 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>
Mastery Assessment:	Quiz: <i>Concepts</i> 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:	<i>Analyzing Influences, Self-Management, Concepts, Access Information</i>
Mastery Assessment:	Quiz: <i>Concept</i> Projects 1. Packet 2. Drawing & Labeling of specifics systems in the system (Life Size Posters)
Fitness	
Theme:	Fitness
Topics:	Exercise & life-long Fitness Making Healthy Food Choices
Building Health Skills:	<i>Advocacy, Accessing Information, Concepts, Self-Management, Goal setting</i>
Mastery Assessment:	Quiz: Concepts & Goal Setting Projects: 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>
Human Sexuality	
Theme:	Human Sexuality
Topics:	Reproduction STI, how can be contracted and what they are. Treatment Contraceptive Methods Consent
Building Health Skills:	<i>Concepts, Self-Management, Analyze Influence, and Accessing Information</i>
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:	<i>Concepts, Self-Management, Analyze Influence, and Accessing Information</i>
Assessment:	Quiz: Concept Projects: 1. Packet Work 2. Speech

First Aid	
Theme:	First Aid
Topics:	Current Data on injuries, Laws – Good Samaritan Basic skills – bleeding, sprains/strains, etc. Basic first-aid/CPR/AED/Narcan
Building Health Skills:	<i>Concepts, Self-Management, Analyze Influence, and Accessing Information</i>
Assessment:	Quiz: Concept, Accessing Information Projects: <ol style="list-style-type: none"> 1. CPR skill practicum – Demo CPR, AED, Narcan administration 2. Scenario – formulate plan to recognize and respond to situations/emergencies