

Master of Science, Physical Education and Health, Emporia State University  
 Bachelor of Science, Oregon State University, Liberal Studies

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

**Course Description: Health 9/10 is a required 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/Laptop
2. 3 ring binder + paper + 5 dividers
3. Pens & highlighter
4. *RHS Planner*

**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 content and skills of the course. All materials will be posted on Schoology as a reference and/or if students miss class.

**Grading will be based on the following:**

1. **Classwork:** This includes class activities to practice and activities provided through Schoology = 30%
2. **Mastery:** Projects and Tests demonstrating proficiency in the above Health Skill Standards = 50%
3. **POWER = 10% Respectful, Engaged, Participating**
4. **Final Presentation at end of semester = 10%**

100-90%	A	Students fully understands the content & course objectives have been mastered
89-80%	B	Students understand content & course objectives are above average level.
79 -70%	C	Students understand content & course objectives are at an average level.
69-60%	D	Students did not display understanding of content & minimum course objectives were not met.
59% Below	F	Students 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; share ideas, work with others, and listen to 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 daily.
6. Most mastery assignments will be submitted through Schoology.

### Introductory 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: Concepts</b> <b>Project- My Health Influences Power Point Slide</b>

### Preventing Disease

<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: Concept</b> <b>Project of Choice (Students will pick 2 of the below Projects)</b> 2. "Cancer, Heart Disease, Diabetes Awareness Book": <i>Self-Management</i> 3. "What puts people at risk?" <i>Analyze the Influences</i>

### 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: Concepts</b> <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>

### Emotional/Mental Health

<b>Theme:</b>	Emotional / Mental Health
<b>Topics:</b>	Personality, Self-esteem, Emotions Managing Stress Mental Disorders & Suicide
<b>Building Health Skills:</b>	<i>Concepts, Self-Management, Analyze Influence, and Accessing Information</i>
<b>Assessment:</b>	<b>Quiz: Concept</b> <b>Project of Choice (Students will pick 1 of the below Projects)</b> 1. Stress Management Toolbox: <i>Self-Management</i> 2. "Recognizing when to ask for Help": <i>Analyze Influence &amp; Access Information</i>