



Health Syllabus

Coach Roberson

Introduction:

Health is a required course to be taken by all students at Capital City High School. Health education is vital for preparing students for their future roles as responsible, positive, and productive members of society. It is the mission of health education to provide students with quality learning experiences that will enable them to recognize, develop, and utilize the skills needed for physical, mental, and social well-being. Through this course, the students should gain the understanding and importance of lifetime health and wellness.

Classroom Conduct:

All school rules apply. Students will show respect towards the teacher and other students. Students are expected to give maximum effort, in class, on assignments, and test/quizzes. It's the student's responsibility to show up on time, do their work, turn it in on time and treat others with respect. Students will be held accountable for their actions and their grades in the class. Excuses, bad attitude, and laziness will not be tolerated! I believe everyone has the ability to show up, work hard, do what they're supposed to do and do it to the best of their ability!

Units Covered:

Introduction Unit

Body Systems

- **Physical Activity for Life**
- **Cardiorespiratory health**
- **Body Systems diagrams**

Food and Nutrition

- **Proper Food Nutrition and Your Health**
- **My Plate**
- **Understanding the Importance of Healthy Eating Habits**

Drugs and Alcohol

- **Baseline Training**

First Aid and CPR

- **Perform CPR**
- **First Aid basics**
- **Types of Emergencies**

Human sexuality

- **Peer relationships/ violence and abuse**
- **Sexually transmitted diseases and infections**
- **Teen pregnancy**

Mental Health



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Tardy Policy:

Students are expected to be in the classroom and seated in their assigned seat when the bell rings. If they are not, they will be counted tardy. First block students must get a pass from the office if they are tardy. If a tardy is excused, either by a parent, administrator or teacher, it does not count against the student.

School work:

School work is expected to be turned in on time. Completed late work can be turned in as late as the end of the unit for partial credit. If it's not turned in by the end of the unit, it will result in a zero. There are certain circumstances for late work that will be dealt with individually by the teacher.

Make-up Work:

Every student is responsible for any makeup work when they have been absent. This includes getting any handouts and any notes taken while you were absent. An unexcused absence will result in no credit for the day that was missed.

Grading Scale:

A	93-100%	B-	80-82%	D+	67-69%
A-	90-92%	C+	77-79%	D	63-66%
B+	87-89%	C	73-76%	D-	60-62%
B	83-86%	C-	70-72%	F	0-59%

Grading Procedures:

Grades will be weighted as follows:

- | | |
|--|-----|
| • Summative Assessments, Projects, Simulations | 50% |
| • Formative Assessments, Classwork/Homework | 40% |
| • Final Exam | 10% |

Materials:

Pen/Pencil, 1 Composition Notebook, Chromebook (Provided) and Textbook (Provided)

I have read the above course syllabus for health. Please return the bottom portion to your teacher.

Student Signature

Print Student Name

Parent/Guardian Signature

Print Parent/Guardian Name