



NAI Health and Physical Education Department

2015-2016 HEALTH EDUCATION COURSE SYLLABUS

Mr. Bower's Webpage - <http://www.northallegheeny.org/page/6578>

I. COURSE OBJECTIVES

Health Education is designed to provide students with the skills and information needed to maintain a healthy lifestyle throughout their lives. This course is designed to provide students with an opportunity to learn about the physical, mental/emotional, and social aspects of health. An emphasis is placed on the importance of making healthy decisions that will lead to a higher quality of life. Course information is presented in a practical manner incorporating current health trends and concerns. Content areas will include but are not limited to: Wellness, Personality, Stress, Mental Illness, Relationships (bullying prevention), Nutrition, Weight Management, Personal Fitness, Human Growth and Development, A.I.D.S. and other STD'S, Alcohol, Tobacco, and Other Drugs and Personal Safety / CPR.

II. RESOURCES

The students will not receive a text book for this class. The information will be presented from a PowerPoint presentation with most of the content coming from a Glencoe Health text book and current health information from National organizations (CDC, NIDA, NIMH, etc.) The students will use a variety of assigned credible sources on the Internet when researching projects.

III. CLASS PREPARATION

Each student will be responsible for:

- Arriving to class on time and being in their seat by the time the late bell rings
- If you are late you will have to sign the late board; after three late passes you will receive a detention
- Having all necessary items for class (pen, pencil, notes).
- Completion of all assignments
- **Meaningful** class participation
- When absent, go to my web site in order to access the notes that we covered. In order to access my web site, use the following directions: Click on Internet Explorer - Click on Schools - NAI - Building Staff- Mr. Bower. This is where you will find my **Master PowerPoint Notes** for each unit. You will also be able to find guided notes and assignments on my web site.
- Check in with me after being absent for missed work.

IV. CLASSROOM BEHAVIOR

Effective instruction requires a positive learning environment. In order to accomplish this goal, each student is expected to come to class with a positive attitude. Behavior that is disruptive to others will not be tolerated and will be dealt with in a manner appropriate for the situation. All rules in the NASD Code of Conduct will be enforced. Eating is not permitted during class time. Possible consequences for misbehavior include but are not limited to after-school detention and referral to the principal's office. I have high expectations for each one of you!

V. GRADING SYSTEM

All grades will follow the North Allegheny grading scale:

90-100%	A
80-89	B
70-79	C
60-69	D
59 or less	F

Students grades will be comprised of written tests/quizzes, homework, and class projects. **Final EARNED grades will be the result of dividing points earned by total class points.**

- Written Tests/Quizzes: For each unit of instruction, you will be responsible for either a quiz or cognitive exam as determined by the teacher. All materials on the test will be provided in class lecture and discussion. Therefore, it is imperative that you listen and pay attention to all class discussions.
- Homework: Homework will be given based on the need of the class. I will not give homework as busy work. If a topic or area of discussion needs to be practiced in detail beyond that of class, homework will be given. Each Friday every student will be responsible to find a current health article and write a brief description of their findings.
- Class Projects: Due to the integration of technology into the Health Education curriculum, students will be responsible for producing class projects as determined by the teacher. Projects may include but are not limited to the use of internet web quests, and a variety of computerized programs such as PowerPoint, Publisher, Google Docs, I-PODS, FrontPage and other programs.
- Participation: Health Education is one of the most important classes in the educational system because you can use the information and skills learned immediately in the "real world." Therefore, in order to gain the skills and knowledge to remain healthy, it is imperative that you participate in all class activities. Participation will be in the form of class discussion, note-taking, group work, skits, presentations and other activities provided by the teacher.
- Make-ups: It is the responsibility of each student to make sure that he/she completes all class work in a timely manner. This includes tests, quizzes, projects and homework. If a student is absent or unable to turn in work on its due date, the work will be due on the day the student returns to class. All make-ups should be discussed with the teacher and considerations will be made at the teacher's discretion.

EXTRA CREDIT WILL NOT BE GIVEN ON AN INDIVIDUAL BASIS!

(Extra credit may or may not be given throughout the semester.)

VI. HOMEWORK

All homework assignments must have your name, date, and period number when turned in by either written or electronic form (as required by me). Your homework must be legible and completed as assigned. It is important to turn homework in on time. If you miss class on the date an assignment is due you need to turn the assignment in the first day back to receive full credit. Any work that is turned in one day late will be deducted 2 points and after one day will be worth 1/2 credit for one week. After one week (5 classes) late an assignment will not be accepted. *Current Health articles will not be accepted late.

Please sign and return to your Health Education teacher.

I have read and reviewed the Health Education course syllabus with my son/daughter.

Parent or Guardian: _____

Student: _____

Date: _____