



9TH GRADE HEALTH COURSE SYLLABUS

Course Description

The goal of this course is to develop health literate students who will have the ability to make informed decisions regarding their personal health and wellness. Many young people participate in risk behaviors with devastating results. Risk behaviors threaten self-esteem, harm health, and increase the likelihood of illness, injury, and premature death. The Centers for Disease Control and Prevention have identified six categories of risk behaviors of special concern. 1. Behaviors that result in unintentional and intentional injuries. 2. Tobacco use. 3. Alcohol and other drug use. 4. Sexual behaviors that result in HIV infection, other STD's and unintended pregnancy. 5. Dietary patterns that contribute to disease. 6. Insufficient physical activity. These risk behaviors usually are established at a young age and continue into adulthood. In this course we will study the six categories of risk behaviors and explore ways to prevent those behaviors while promoting a healthy lifestyle.

Grading

All grades will follow the North Allegheny grading scale:

A=90 - 100% B=80 - 89% C=70 - 79% D=60 - 69% E=0 - 59%

Student's grades will be comprised of classwork, homework, projects, and chapter assessments. Grades will be calculated by dividing points earned by points possible for the course.

Missed Work / Make Ups

Students will have two weeks from the date of a missed test or assignment to make it up. It is the student's responsibility to check for missed assignments and make them up.

*Past due assignments will be accepted for up to 2 weeks for half credit.

EXPECTATIONS: To get the **full value** out of the class I ask that you;

1. Be here. Be present mentally, physically, emotionally. Honor the commitment of the others by giving fully of yourself.
2. Be Safe. Create a level of safety so that people are able to relax and feel comfortable. Each member has a responsibility to point out any issues or concerns that may affect this safe environment.
3. Speak your truth. Share your thoughts openly with honesty and integrity.
4. Pay attention. Listen to what others say and focus on their ideas. Minimize distractions.
5. Be open to outcomes. Try not to prejudge what is happening. Recognize your preconceived notions about what you will learn or experience.

CLASS RULE

1. Be respectful; of yourself, your classmates, and the teacher.

HEALTH TOPICS:

Wellness, Personality, Relationships, Managing stress, Understanding Mental Illness, Nutrition, Drug Use and Abuse, Tobacco, Alcohol, Human Sexuality, Sexually Transmitted Infections, CPR

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Please click on the link below to acknowledge that you and your parents have reviewed the syllabus.

https://docs.google.com/a/northallegheny.org/forms/d/10C880ldsH3rAA4zdLgxCdc-Ub7-s-QA29srG1OrW_3w/viewform