

Health 9		COURSE LENGTH: One semester
Location	Room 6	
Instructor	Mrs. Michelle Santom	
Planning Period	Period <u>2</u> Phone: (724) 662 -5104	Parent Teacher Conferences may be scheduled before school from 7:30am to 8:00am or during the planning period.
Email	msantom@mercerc.k12.pa.us	
Prerequisites	Health 7	
Description	This class is designed to prepare students to make wise choices in regard to their health. Information on health careers, fitness and wellness, sexuality, mental health, death and dying, mental health issues, and substance abuse will be discussed throughout the semester.	
Texts Used	Lifetime Health - Holt, Rinehart and Winston Publication	
Required Materials	Students are required to have a notebook and writing utensil for class and should bring it to class each day. The notebook is important for daily note taking and homework assignments. A folder or three ring binder is also recommended.	
Homework Policy and Philosophy	<p>-Homework is due the day after it is assigned.</p> <p>-If a student is absent from school, on the day it was assigned then the teacher will decide how long the student has to make up the work.</p> <p>-Homework that was assigned before the absence is due upon sent return.</p> <p>-Students will not have homework every night but, it is imperative that when it is assigned, it should be turned in.</p> <p>- All of the homework assignments are meant to increase understanding of the current topic.</p> <p>-When a student is in jeopardy of failing, a progress report will be home. This will occur any time after the 4th week of the term.</p>	<p>Homework Philosophy</p> <p>"The application of homework within almost every learning activity is a valuable means of reinforcement and evaluation. It is the teacher's role to define such assignments and the responsibility of the students to complete them on time. Parents must also assume their responsibility in regard to student homework; therefore, proper communication between the home and the school are vital in establishing assignments, which can significantly contribute to the overall educational process."</p>
<p>Grading</p> <p>96.5A+</p> <p>92.5 A</p> <p>89.5 A-</p> <p>86.5 B+</p> <p>82.5 B</p> <p>79.5 B-</p> <p>76.5 C+</p> <p>72.5 C</p> <p>69.5 C-</p> <p>66.5D+</p> <p>62.5 D</p> <p>59.5 D-</p>	<p>Student grades are based upon the total number of points earned for the nine weeks. The total earned is divided by the number of points possible. The resulting percentage equals a letter grade. (see scale at left). Students will be graded on the following:</p> <ul style="list-style-type: none"> • Quizzes • Tests • Homework • Projects 	<p>Academic Integrity</p> <p>"Students caught cheating, plagiarizing, copying homework and/or test, quizzes, and using a paper from the Internet will be given a "o" (zero) on that assignment. In addition, their name will be reported to the office and filed in the event of future violations. Repeated violation could result in removal from class and a non-passing grade."</p>

Classroom Rules	<ol style="list-style-type: none"> 1. When a student is absent from school for one day, it is his responsibility to make up any work missed the day he returns to school. If he is absent more than one day, he has that same number of days to make up work missed. If work is not made up in the appropriate time, he will receive no credit for that assignment or test. 2. Students are not permitted to leave class except in an emergency. Restroom needs should be taken care of before class begins. 3. Have heads down or sleep 4. Write on the desks with pencil or eraser. If marks are noticed at the beginning of class, students are to report them to the teacher. 5. <u>Have your cell phones out or try to use cell phone.</u> 6. Be disrespectful of the teacher or each other. 7. Line up early at the door 8. Sit on top of the desks <p>Any infraction of the above rules will result in a verbal warning for the first offense. Additional offenses will result in a discipline referral to the office.</p>	<p style="text-align: center;">Make-Up Work</p> <p>"Students on a pre-approved trip of more than one day will be expected to make-up any work minimally on the second full day upon the student's return up to a maximum of five days. Students are required to get all missed work prior to pre-approved absence.</p> <p>For one day or one period - school related absence (athletics/academic games, etc) - it is the student's responsibility to make up the work upon their return to the classroom. It is recommended that they see the teacher ahead of time to determine what they will miss while they are gone."</p> <p style="text-align: center;">Late to Class</p> <p>"A student who is late to class will be given a verbal warning on the first offense. Additional offenses will result in a detention and a discipline referral to the office."</p>
Additional Help	<p>See tutoring note.</p> <p>Students may also receive extra credit by reading and bringing in health related articles from the newspaper or magazines. At that time he will give the teacher/class a brief, oral summary of the article. Each clipping is worth 5 extra credit points, which will be added to his overall total at the end of the nine weeks. Students are permitted to bring in no more than 10 articles each nine weeks. Advertisements and articles from tabloid papers are not permitted.</p>	

Time	Material Covered During Time Period	Notes
Unit 1	“Choosing Wellness” An introduction to Health. A look at the factors that play an important role in our overall well-being.	Two quizzes and a test will be given throughout the unit to check for understanding. A group project will also be assigned during the course of study.
Unit 2	“Self-Esteem and Mental Health” A study of ourselves and how our self esteem affects our mental well-being. Students will learn about the effects of stress on our lives. They will learn techniques to relieve stress.	Two quizzes and a test will be given throughout the unit to check for understanding.
Unit 3	“Loss/Suicide/Abuse” This unit focuses on personal losses and how to deal with them. It also takes a look at other violent events that may occur in a person’s life and how a healthy person will deal with them.	One quiz, a group project, and a test will be given throughout the unit. A guest speaker will speak on dating violence.
Unit 4	"Physical Fitness and Nutrition” Students learn the components of physical fitness and learn how to apply them to their lives in order to remain healthy throughout their life. They will learn about the five fitness components and will have an opportunity to be tested in each and see how they rate. Diet and proper nutrition will also be taught.	A test will be given at the conclusion of the chapter to check for learning.
Unit 5	"First Aid and CPR” In this unit, students will learn the basics of first aid and cpr. They will practice techniques of bandaging, rescue breathing, splinting, and other first aid emergencies.	Many practical quizzes will be given throughout and a written test will be given at the end of the unit.
Unit 6	"Drugs of Abuse” Alcohol, Tobacco, Prescription, Over the Counter, and Illegal drugs will all be discussed and studied during these areas of study. Guest speakers will come in a talk with the students in their specialty area.	A test will be given at the conclusion of the chapter to check for learning. Computer Lab activities will be assigned.
Unit 7	“Human Sexuality” This is an abstinence based curriculum that will discuss the topics of STD’s, unplanned pregnancy, abstinence vs safe sex, and other relevant topics.	A quiz and a test will be given during the unit to check for learning.