

Health 11		COURSE LENGTH: One semester
Location	Room 6	
Instructor	Mrs. Michelle Santom	
Planning Period	7th period 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	
Class Code for Google Classroom	5yw3onl	
Prerequisites	Health 7, 9	
Description	This class is designed to prepare students to make wise choices in regard to their health as they enter adulthood. Subject areas covered are those relevant to their lives as they begin to live independently: consumer health and organ donation, human sexuality and childbirth, substance abuse, lifestyle disease, mental illnesses, body systems, health insurance, CPR, First Aid, and medical costs.	
Texts Used	No text, a three- ring binder and notebook will be used. Must have own pencil/pen.	
Homework Policy and Philosophy	<p>Homework is due the day after it is assigned. If a student is absent from school, homework that was assigned before the absence is due upon return.</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 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>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>
Grading 96.5 A+ 92.5 A 89.5 A- 86.5 B+ 82.5 B 79.5 B- 76.5 C+ 72.5 C 69.5 C- 66.5 D+ 62.5 D 59.5 D- Below F	<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>
		<p>When a student is in jeopardy of failing, a progress report will be sent home. This will occur after the 4th week of class.</p>

Classroom Rules	<ol style="list-style-type: none"> 1. Students are not permitted to leave class except in an emergency. Restroom needs should be taken care of before class begins. 2. Have heads down or sleep 3. Students are not permitted to 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. 4. <u>Students are not permitted to have your cell phones out or try to use cell phone. Cell phone will be taken to office and student will be assigned a detention.</u> 5. Students are not permitted to have ear buds in during class unless teacher allows them for specific assignment. 6. Being disrespectful to the teacher or each other could result in a detention or visit to the office. 7. Students are not permitted to "Line up" early at the door or leave class early. <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;"><u>Make-Up Work</u></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;"><u>Late to Class</u></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 or a discipline referral to the office.</p>
Required Materials	Students are required to have a notebook / binder for class and should bring it to class each day. Much of the material used at this level is photocopied.	
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 a brief, one paragraph summary of the article. Each clipping is worth 5 extra credit points, which will be added to his/her 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>	<p style="text-align: center;"><u>Tutoring</u></p> <p>Extra Assistance is available on a regular basis during after school hours (Tuesdays, Wednesdays, and Thursdays from 3:30 to 4:15) by contacting the Guidance Office at (724) 662-2272. It is the students' responsibility to seek such tutoring if needed.</p>

OUTLINE OF MATERIAL COVERED IN THIS CLASS

Time	Material Covered During Time Period	Notes
Unit 1	"Drugs and Alcohol" Students will get the most up to date information on substance use and abuse. Class activities will center on information about the drugs. State Police will speak about current laws concerning DUI." Body systems (nervous system, circulatory system and respiratory system) that are affected by the use of drugs and alcohol will also be discussed.	Several 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	"Human Sexuality" This unit focuses on sexuality as it relates to the older teen. There will be instruction on abstinence vs. safe sex, STD's, unplanned pregnancy, date rape, parenthood, and other relevant topics. Guest speakers will assist with expert information.	Several quizzes and a test will be given throughout the unit to check for understanding.
Unit 3	"Mental Health and Mental Illnesses" Students will study about various common mental illnesses. Recognizing symptoms, treatment, and rehabilitation will be studied.	Several quizzes and a test will be given throughout the unit to check for understanding.
Unit 4	"Lifestyle Diseases" This unit will take a look at common disorders that may come from lifestyle choices. It looks at treatments as well as causes and also looks at heredity as a factor in many disabilities. Instructors from the American Heart Association will present the "friends and family" CPR course to the students. American Cancer Society speakers will instruct students about important issues dealing with Cancer. "Consumer Health" Students will learn about buying health products and services. They also will learn about the importance of caring for the environment. Guest speakers will teach the students about health insurance. Students will research and evaluate health related websites	Evaluation for this chapter will come from a children's book about a lifestyle disease or disability. This will be done in small groups or as individual projects.
Unit 5	"Nutrition and Wellness" Food will be examined on several levels. Topics included will be: nutrition for athletes, weight management and eating behaviors, preventing food-related illnesses, and instruction for eating smart in a "huge" food culture. The focus is preparing the student to choose foods, when living independently that will promote good health. Choosing Wellness" An introduction to Health. A look at the factors that play an important role in our overall well-being.	A test will be given at the conclusion of the chapter to check for learning. Also, a "food day" will be held when students may bring in snack foods that comply with good nutrition.
Unit 6	"Bones and Muscles" This unit will introduce the basic bones and muscles of the body. Instruction on fractures and joints will also be discussed.	Two quizzes will be given at the conclusion of the chapter to check for learning.
Unit 7	First Aid, CPR, and AED	Hands on demonstrations and skill testing