

<b>Health 9</b>		<b>COURSE LENGTH: One semester</b>
<b>Location</b>	<b>Room 6</b>	
<b>Instructor</b>	<b>Mr. Tyler Hile</b>	
<b>Planning Period</b>	2nd period (8:47-9:31) Phone: (724) 662 -5104	<b>Parent Teacher Conferences may be scheduled before school from 7:30am to 8:00am or during the planning period.</b>
<b>Email</b>	<a href="mailto:thile@mercerc.k12.pa.us">thile@mercerc.k12.pa.us</a>	
<b>Class Code for Google Classroom</b>		
<b>Prerequisites</b>	<b>Health 7</b>	
<b>Description</b>	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, human sexuality and childbirth, substance abuse, lifestyle disease, mental illnesses, body systems, health insurance, CPR, First Aid, and medical costs.	
<b>Texts Used</b>	No text, the chromebooks will be used. Must have own pencil/pen.	
<b>Homework Policy and Philosophy</b>	<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>	<b>Homework Philosophy</b>  "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."
<b>Grading</b>  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	<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"> <li>• Quizzes</li> <li>• Tests</li> <li>• Homework</li> <li>• Projects</li> </ul>	<b>Academic Integrity</b>  "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."
		<b>When a student is in jeopardy of failing, a progress report will be sent home. This will occur after the 4th week of class.</b>

<b>59.5 D-Below F</b>		
<b>Classroom Rules</b>	<p>1. Students are not permitted to leave class except in an emergency. Restroom needs should be taken care of before class begins.</p> <p>2. Have heads down or sleep</p> <p>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.</p> <p>4. Students are not permitted to <u>have their cell phones out or try to use cell phone.</u></p> <p>5. Students permitted to <u>Use Laptops or tablets with permission from teacher.</u></p> <p>6. Being disrespectful to the teacher or each other could result in a detention or visit to the office.</p> <p>7. Students are not permitted to “Line up” early at the door or leave class early.</p> <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><b><u>Make-Up Work</u></b></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><b><u>Late to Class</u></b></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>
<b>Required Materials</b>	Students are required to have their Chromebook for class and should bring it to class each day. Much of the material used at this level is electronic or photocopied.	
<b>Additional Help</b>	<p>See tutoring note.</p> <p>Students may come to the teacher and request additional help. If needed extra credit may become available</p>	

## OUTLINE OF MATERIAL COVERED IN THIS CLASS

Time	Material Covered During Time Period	Notes
Ch. 1	Understanding health and wellness	Focuses on factors that influence health and ways that healthful behaviors and decisions can promote wellness
Ch. 2	Taking charge of your health	Focuses on skills individuals can use to promote their health. Making responsible decisions, setting goals, being a health-literate consumer and knowing how to handle consumer problems are also discussed
Ch.3	Achieving mental and emotional health	Focuses on ways to develop self esteem, the relationship between a healthy identity and good character, and healthful ways to express emotions.
Ch.4	Managing stress and coping with loss	Describes effective strategies for managing stress and healthful ways to cope with lose
Ch.5	Mental and emotional problems	Focuses on mental and emotional problems, including suicide. It identifies risk factors and warning signs of mental health problems and describe how problems can be treated.
Ch.6	Skills for healthy relationships	Focuses on skills that can be used to build and maintain strong and healthy relationships.
Ch.7	Family relationships	Focuses on family relationships and ways that family members can cope with changes in family structure and circumstances.
Ch.8	Peer relationships	Focuses on types of peer relationships and the positive and negative influence of peer pressure. Dating relationships and the benefits of abstinence until marriage are also discussed.
Ch.9	Resolving conflicts and preventing violence	Focuses on the causes of conflict, how conflicts can be resolved through negotiation and mediation, the types and causes of violence, and how to prevent and overcome abuse.

Ch.10	Nutrition for health	Focuses on the role of nutrition in health. It explains how to make healthful food choices and how to handle foods safety.
Ch.11	Managing weight and eating behaviors	Focuses on healthful ways to manage weight, the negative impact of eating disorders, and how nutritional needs changes throughout life.
Ch.12	Physical activity and fitness	Focuses on the benefits of being physically active and specific ways in which to improve personal fitness. Safety precautions associated with physical activity and how to avoid injuries are also discussed.