**Health Education**

**School Year - 2014/2015**

**Contact Information -** 369-3611 ext. 4644, email: millerj@arrowheadschools.org

**Office Hours -** before and after school

**Course Description**

The Health Education program is designed to develop positive attitudes and skills for daily living and to help prepare individuals in their future roles as family members and citizens. The emphasis is to have individuals protect, maintain, and improve their health status by developing, establishing, and achieving positive life-style goals.

**Learner Outcomes**

* Acquire the knowledge to attain health literacy.
* Analyze and interpret valid health information and services using various resources.
* Maintain health-enhancing behaviors and reduce health risks.

**Course Goal**

The student will learn sound information to help make healthy decisions for a long and enjoyable life.

**Grading Policy -**

* Class activities and projects are to be turned in on time. Late work will receive a 50% deduction. Unexcused absence work will be treated the same way as late work.

*NO LATE WORK WILL BE ACCEPTED THE LAST WEEK OF EACH GRADING PERIOD!!*

* Make-up work policy will follow Handbook policy (1-3 days absent = 3 calendar days to make-up work…)

**Grading policy**

100-97 = A+ 76-74 = C

96-94 = A 73-70 = C-

93-90 = A- 69-67 = D+

89-87 = B+ 66-64 = D

86-84 = B 63-60 = D-

83-80 = B- 59 and below = F

79-77= C+

**Classroom Conduct**

The five core values will be upheld within each classroom (honest, respect, open mindedness to diversity, work ethic, communication)

**Course Topics**

* Personal Wellness
* Nutrition and Fitness
* Medicine and Drugs (includes; tobacco, alcohol, and illegal drugs)
* Mental and Social Health
* Human Growth and Development
* CPR, First Aid and Injury Prevention

**Assessment of Learning**

* Class activities
* Test and Quizzes
* Projects
* Semester Exam - 15%

**Tardy Policy:**

1st and 2nd offense- verbal warning

3rd offense- phone call or email home

4th offense- Saturday detention

**Materials needed for class**

Notebook or paper

3-ring binder or folder

Pen and/or Pencil