1. COURSE INFORMATION
   Course: Health
   Prerequisites: None
   Classroom: 102
   Credit Hours: .5

2. INSTRUCTOR
   Teacher: Mr. Gregg Brown
   E-Mail: grbrown@thedinooffschool.com

3. TEXT AND SUPPLEMENTARY READINGS
   Title: Glencoe Health
   ISBN: 9780078263262

4. CLASS POLICIES AND REQUIREMENTS
   - Student Code of Conduct
     - Participate fully and actively in the learning process and the overall school educational programs.
     - Behave in a manner that does not threaten, interfere with, or deprive other students of their right to an education.
     - Respect administration, staff, and all volunteers.
     - Respect school property, textbooks, and all instructional materials.
     - Come to class on time every day prepared with school supplies/materials and a good attitude.
     - Obey directions/instructions of all staff and volunteers.
     - Complete and turn in all assignments on time.
     - No conversation among students during a testing period.

   - Assignments
     All assignments are expected to be on time. In the event of a “D” or “F” on any work, the student should contact the instructor for a conference. Additional assignments and activities may be required as deemed necessary by the instructor to assure the mastery of the course curriculum.

     It is the student’s responsibility to request make-up work upon his/her return from any type of approved absence. Credit will be granted only for work that was missed due to an approved absence. As a rule, students should anticipate one day of make-up time for each day absent. Failure to make up work will result in an “F” grade for those assignments.

   - Written Work Guidelines
     Use of MLA style (latest edition) is required. All written work required for this class must be word-processed, double spaced, error-free, and grammatically and mechanically correct. Research or term papers must include a reference page. You will be graded in a professional manner, and work submitted should reflect originality and professionalism. If guidelines are not followed, work will not be accepted. If the work completed is not MLA, it will be reflected in the grade.

   - Grading Scale
     A  90-100
     B  80-89
     C  70-79
     D  60-69
     F  59 and below
## 5. **TENTATIVE WEEKLY SCHEDULE**

| Week 1 | 1/3 – 1/7 | M – Christmas Holiday  
T – Syllabus, UNIT 1: Chapter 1: Living a Healthy Life pg. 2, Health and Wellness pg. 4  
W – Promoting a Healthy Lifestyle pg. 10  
Th – Behavior and Reducing Health Risks pg. 17  
F – Chapter 2: Building Health Skills and Character pg. 26, Building Health Skills pg. 28 |
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| Week 2 | 1/10 – 1/14 | M – Making Responsible Decisions and Setting Goals pg. 33, Building Character pg. 37  
T – Chapter 3: Being a Health-Literate Consumer pg. 46, Making Consumer Choices pg. 48  
W – Making Consumer Choices (cont.), Choosing Community Health Services pg. 54  
Th – Managing Consumer Problems pg. 60, Understanding Public Health Services pg. 64  
F – UNIT 1 Test |
| Week 3 | 1/17 – 1/21 | M – MLK Day (School Holiday)  
T – UNIT 2: Chapter 4: Physical Activity for Life pg. 72, Physical Activity and Your Health pg. 74  
W – Fitness and You pg. 80  
Th – Planning a Personal Activity Program pg. 87  
F – Training and Safety for Physical Activities pg. 93, Physical Activity Injuries pg. 98 |
| Week 4 | 1/24 – 1/28 | M – Chapter 5: Nutrition and Your Health pg. 108, Nutrition During the Teen Years pg. 110  
T – Nutrients pg. 114  
W – Guidelines for Healthy Eating pg. 122  
Th – Food and Healthy Living pg. 130  
F – Chapter 6: Managing Weight and Body Composition pg. 142, Maintaining a Healthy Weight pg. 144 |
| Week 5 | 1/31 – 2/4 | M – Fad Diets and Eating Disorders pg. 151  
T – Nutrition for Individual Needs pg. 157  
W – UNIT 2 Test  
Th – UNIT 3: Chapter 7: Achieving Good Mental Health pg. 168, Your Mental and Emotional Health pg. 170  
F – Developing a Positive Identity pg. 178 |
| Week 6 | 2/7 – 2/11 | M – Understanding Emotions pg. 184, Managing Emotions pg. 188  
T – Chapter 8: Managing Stress and Anxiety pg. 196, Effects of Stress pg. 198  
W – Managing Stress pg. 205, Anxiety and Teen Depression pg. 210  
Th – Being a Resilient Teen pg. 214  
F – Chapter 9: Mental and Emotional Problems pg. 222, Mental Disorders pg. 224 |
| Week 7 | 2/14 – 2/18 | M – Suicide Prevention pg. 230, Getting Help pg. 234  
T – Understanding Death and Grief pg. 238  
W – UNIT 3 Test  
Th – UNIT 4: Chapter 10: Skills for Healthy Relationships pg. 246, Found. of Healthy Relationships pg. 248  
F – Winter Break |
| Week 8 | 2/21 – 2/25 | Winter Break |
| Week 9 | 2/28 – 3/4 | M – Communicating Effectively pg. 254  
T – Resolving Conflict pg. 262  
W – Chapter 11: Family Relationships pg. 272, The Role of the Family pg. 274  
Th – Change in the Family pg. 280, Dealing with Family Crises pg. 286  
F – Dealing with Family Crises (cont.), Community Support Systems pg. 291 |
| Week 10 | 3/7 – 3/11 | M – Chapter 12: Peer Relationships pg. 300, Safe and Healthy Friendships pg. 302  
T – Peer Pressure and Refusal Skills pg. 307, Dating and Setting Limits pg. 313  
W – Dating and Setting Limits (cont.), Abstinence: A Responsible Decision pg. 318  
Th – Chapter 13: Violence Prevention pg. 328, Personal Safety pg. 330  
F – Keeping Schools Safe pg. 335, Protecting Yourself from Violence pg. 341 |
| Week 11 | 3/14 – 3/18 | M – Protecting Yourself from Violence (cont.), Preventing and Overcoming Abuse pg. 348  
T – UNIT 5: Chapter 14: Personal Care and Healthy Behaviors pg. 358, Healthy Skin, Hair, and Nails pg. 360  
W – Care of Teeth and Mouth pg. 367, Eye Care pg. 371  
Th – Mid-Semester Exam: UNIT 1 – 4  
F – Ears and Hearing Protection pg. 376 |
T – Care and Problems of the Skeletal System pg. 390, The Muscular System pg. 394  
W – The Nervous System pg. 399, Care and Problems of the Nervous System pg. 406  
Th – Chapter 16: Cardiovascular and Respiratory Systems pg. 414, The Cardiovascular System pg. 416  
F – The Cardiovascular System (cont.), Care and Problems of the Cardiovascular System pg. 423 |
| Week 13 | 3/28 – 4/1 | M – Care and Problems of the Cardiovascular System (cont.), The Respiratory System pg. 428  
T – The Respiratory System (cont.), Care and Problems of the Respiratory System pg. 432  
W – Chapter 17: Digestive and Urinary Systems pg. 440, The Digestive System pg. 442  
Th – Care and Problems of the Digestive System pg. 447  
F – The Urinary System pg. 453 |
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<thead>
<tr>
<th>Week 14</th>
<th>4/4 – 4/8</th>
<th>Spring Break</th>
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T – The Male Reproductive System pg. 468  
W – The Female Reproductive System pg. 474  
Th – UNIT 5 Test  
| Week 16 | 4/18 – 4/22 | M – Prenatal Care pg. 492, Heredity and Genetics pg. 498  
T – Heredity and Genetics (cont.), Infancy and Childhood pg. 504  
W – Chapter 20: Adolescence and the Life Cycle pg. 512, Understanding Growth and Change pg. 514  
Th – Moving Toward Adulthood pg. 520, Marriage and Parenting pg. 524  
F – Marriage and Parenting (cont.), Health Through the Life Span pg. 529 |
| Week 17 | 4/25 – 4/29 | M – UNIT 6 Test  
T – UNIT 7: Chapter 21: Tobacco pg. 538, The Effects of Tobacco pg. 540  
W – Choosing to Live Tobacco Free pg. 546, Promoting a Smoke-Free Environment pg. 551  
Th – Chapter 22: Alcohol pg. 560, Choosing to be Alcohol Free pg. 562  
F – Harmful Effects of Alcohol Use pg. 568 |
| Week 18 | 5/2 – 5/6 | M – Alcohol, the Individual and Society pg. 574  
T – Chapter 23: Medicines and Drugs pg. 584, The Role of Medicines pg. 586  
W – Drug Use – A High-Risk Behavior pg. 592, Marijuana, Inhalants, and Steroids pg. 598  
Th – Marijuana, Inhalants, and Steroids (cont.), Psychoactive Drugs pg. 603  
F – Psychoactive Drugs (cont.), Living Drug Free pg. 611 |
| Week 19 | 5/9 – 5/13 | M – UNIT 7 Test  
T – UNIT 8: Chapter 24: Communicable Diseases pg. 620, What are Communicable Diseases pg. 622  
W – Preventing Communicable Diseases pg. 627  
Th – Common Communicable Diseases pg. 635  
F – Chapter 25: Sexually Transmitted Infections pg. 646, The Risk of STIs pg. 648 |
| Week 20 | 5/16 – 5/20 | M – Common STIs pg. 652, HIV and AIDS pg. 658, Treatment for HIV and AIDS pg. 662  
T – Chapter 26: Noncommunicable Diseases pg. 672, Cardiovascular Diseases pg. 674  
W – Cancer pg. 681, Allergies, Asthma, Diabetes, and Arthritis pg. 688  
Th – Allergies, Asthma, Diabetes, and Arthritis (cont.)  
F – Physical and Mental Challenges pg. 695 |
| Week 21 | 5/23 – 5/27 | M – PowerPoint Presentations  
T – Final Exams  
W – Final Exams  
Th – Final Exams  
F – Honors Day (No Class) |

6. **DETERMINATION OF FINAL GRADE**

<table>
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<th>Assignments</th>
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