



Southern Lehigh School District

High School Syllabus

Health 9 2014-2015

Course Description:

This course has been developed to assist students with their emerging identity as a young adult. Goals of the class are as follows: knowledge of good health promotion, disease prevention, growth and development, development of healthy attitudes and relationships, reduction of risky behaviors, development of interpersonal communication, analysis of the influence of culture, media and technology on health.

Course Content:

1. Emotional and Mental Health
2. Healthy Relationships
3. Human body
 - Body Systems
4. Drugs and Medications
 - Abuse, misuse, and use
 - Alcohol
 - Refusal skills
5. First Aid and Injury Prevention
 - Unintentional injuries
 - Injury prevention, safety, "Hands Only CPR"
 - Allergies
6. Nutrition
 - Food labels, trends in nutrition, healthy eating habits
 - Weight Management
7. Fitness
 - F.I.T.T principle
 - Components of fitness
8. Diseases
 - Communicable, non-communicable, and auto-immune deficiencies
 - Cardiovascular disease
 - Diabetes
 - STI's / STD's
9. Environmental health
 - Environmental impact on health
 - Personal health products and safety

Required Textbooks and/or Other Reading/Research Materials

Health: Making Life Choices by West Educational Publishing, 2000.

Glenco/McGraw Health by McGraw – Hill, 2011 Edition.

Websites - Choosemyplate.gov, CDC.gov, EPA.org, FDA.gov, EWG.org

Course Requirements:

Students are expected to complete all projects, tests, and assignments. Failure to do so will affect the overall grade of the student.

Grade Components/Assessments:

Grades will be based on a scale of A, B, C, D and F, + and – are also warranted when necessary. All assignments will be graded as expressed in the Southern Lehigh High School grading scale found in the Student Handbook. Grade will be based on a weighted grading system. Each assignment/activity will be assigned a category and weighted accordingly based on the model provided below.

- Summative Assessments (quizzes/test): 40%
- Classwork/Homework: 30%
- Projects: 30%

Each quarter will be worth 40% of the student's overall grade. The final exam will be worth the remaining 20% of the student's overall grade.

Quarter 1	40%
Quarter 2	40%
Final	20%

Required Summer Reading/Assignments: