



Southern Lehigh School District

High School Syllabus

Health 9 2013-2014

Course Description:

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

Course Content:

1. Health and Behavior
2. Emotional Health
 - Stress management
 - Emotional problems and coping devices
3. Human body
 - Systems
4. Drugs and Medications
 - Abuse, misuse, and use
 - Alcohol
 - Tobacco
5. First Aid and Injury Prevention
 - Unintentional injuries
 - Injury prevention
 - Safety
6. Nutrition
 - Diet patterns
 - Weight Management
7. Fitness
 - F.I.T.T principle
 - Components of fitness
8. Diseases
 - Cancer
 - Cardiovascular disease
 - Diabetes
 - STI's / STD's
9. Environmental health
 - Environment issues
 - Personal health

Required Textbooks and/or Other Reading/Research Materials

Course textbook

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

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. The grade will be based on a point system. Each homework assignment, quiz, class assignment, project, health article, etc. will be assigned a point value. The point values will vary based on the material covered.

- Test/Authentic assessment: 50-60%
- Quizzes: 10-20%
- Homework: 15-25%
- In-class activities: 5-10%
- Participation and Preparation for class: 5-10%

Points will be designated for assignments, tests, quizzes, preparation, and participation. Final point values will be converted to an overall percentage.

Each marking period is worth 20% of a student's overall grade. The midterm and final exam are each worth 10% of a student's overall average:

Quarter 1	20%
Quarter 2	20%
Midterm	10%
Quarter 3	20%
Quarter 4	20%
Final	10%

Required Summer Reading/Assignments:

Not Applicable.