



Southern Lehigh School District

Middle School Syllabus

7th grade Health 2013-2014

Course Description:

Students will explore the physical, social and mental/emotional domains in relation to good health and overall wellness

Course Content:

Physical

Nutrition
Alcohol/Drugs

Emotional/Mental

Self-Esteem/Self-Concept
Stress Management
Body Image
Dealing with Emotions
Goal Setting

Social

Conflict Management
Relationships
Resisting Peer Pressure
Decision Making

Required Textbooks and/or Other Reading/Research Materials

There are no required textbooks for this course. Students will use the internet for any current information during research and exploratory units. The teacher will provide any further readings in handout form.

Course Requirements:

Students are expected to come to class prepared with all needed materials. If a student is absent and it is their responsibility to see the teacher to make up the missing work.

Grade Components/Assessments:

Grades will be based on a point system that will be converted into overall percentages (student's total earned points divided by the total possible points). Graded items may include assignments, projects, tests/quizzes, preparation, participation, and behavior.

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:

No readings required