



# Southern Lehigh School District

Middle School Syllabus

---

## 8<sup>th</sup> grade Health 2013-2014

### Course Description:

Students will take an in-depth look at the physical, social and mental/emotional domains in relation to good health and overall wellness.

### Course Content:

Physical	Physical Fitness Alcohol/Drugs Human Development
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

Teen Health, 2002

### 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:

Students will be graded 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.

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%
<b>Midterm</b>	<b>10%</b>
Quarter 3	20%
Quarter 4	20%
<b>Final</b>	<b>10%</b>

Required Summer Reading/Assignments:

No readings required