



# Southern Lehigh School District

## High School Syllabus

---

### Wellness 2013-2014

#### Course Description:

The course is designed to assess the student's overall understanding of physical, mental and social health issues. The goals of this class will be used to promote the students health awareness and help them structure an individualized action plan focused on decision making skills, increased self-esteem, life success and creating a long term healthy lifestyle. The information presented in this class will affect the student's ability to implement a plan of action for a lifetime of good health and healthy decisions.

#### Course Content:

- Mental Health (personalities, dominance, emotions, stress, mental disorders, addictions)
- Diseases (cardiovascular, arthritis, cancer, diabetes, chronic health conditions,SDI's)
- Safety and Emergency Care (safety and well being, first aid, CPR)
- Nutrition and Fitness (obesity, nutrition)
- Consumer Health (fraud, advertising)
- Sex Education (sexually transmitted diseases)
- Current trends and issues related to our health curriculum

#### Required Textbooks and/or Other Reading/Research Materials

none

#### Course Requirements:

none

#### Grade Components/Assessments:

Grades will be based on the same grading scale described in the student handbook. Your grade will be based on a point system. Each homework assignment, quiz, class assignment, project, health article, etc. will be assigned a point value. If there is/are none, state so.

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%

**Final**

**10%**

Required Summer Reading/Assignments:

none