



Health

2018-2019

Course Description. Students will discover the importance of good health and how they can build a healthy lifestyle. Students will also gain a better understanding of how to maintain and healthy body and mind.

Topics covered.

- ❖ Stress
- ❖ Health Triangle
- ❖ Being a Healthy Consumer
- ❖ Hygiene
- ❖ Systems of the Human Body
- ❖ Male & Female Reproductive System
- ❖ Pregnancy
- ❖ Alcohol
- ❖ Tobacco
- ❖ STD's
- ❖ Abstinence/Contraception
- ❖ CPR Training

Student Absences:

If a student knows in advance that he/she will be absent, it is the student's responsibility to notify the teacher and get assignments. If a test is to be given on the day of the planned absence, the student needs to schedule a time before or after school to make up the test, if possible. Many of the daily class activities and homework will be able to be accessed by students via Google Classroom.

Performance competencies taught in this course will

enable students to.

- ❖ Construct meaning pertinent to health care knowledge
- ❖ Communicate effectively with family members and health care providers
- ❖ Solve problems impacting health and wellness
- ❖ Make responsible health care decisions involving individuals, families and



Classroom Polices. Students are expected to be in their seats, with books, writing utensils and any other class materials, when the bell rings and ready to begin class. Students will participate in all learning activities and abide by the rules set forth in the student handbook. Phone use in class will NOT be permitted unless approved by me. All phones will be placed in the "Cellphone Hotel" upon entering the classroom.

Daily Assignments. Daily assignments will include various points including writing prompts, participation points, worksheets, and other in-class projects.

Tests/Quizzes. There will be skill assessments in this course. Students will also be given quizzes periodically that may be announced or unannounced.

Projects/Labs. Projects and labs will be assigned throughout the class to apply knowledge learned. Food labs are a privilege, not a right. Students with missing work, multiple tardies, and poor behavior may have an alternative assignment for lab days. We will be using the Real Care baby, and empathy pregnancy belly this year and all students will be taking the baby home and becoming a parent for 24 hours, as well as wearing the pregnancy belly for a length of time. **ALL** students will pick a day from choices that are given, to participate in this assignment. The student then takes responsibility for our Real care baby, and empathy belly making sure they are not lost stolen or damaged. The student, and their parent or guardian will be responsible for any replacement or repair costs.

Supplies Needed. We will be utilizing as much technology as we can, however students will still need writing utensils and a binder or notebook of some sort to keep everything organized.



I have read and understand the expectations and content of Mrs. Meyer's 9th grade Health class.

Student Signature

Date

Parent Signature

Date

Please read, sign
and return to
Mrs. Meyer by
Friday, August 24