

## **8<sup>th</sup> Grade Health- Mr. Gruchow**

In this course students will be introduced to a variety of health content information to allow students to make healthy decisions for life.

### **Content Areas**

#### Your Health and Wellness

- What is health?
- Influences on your health
- Taking charge of your health

#### Making healthy choices

- Building health skills
- Making decisions and setting goals

#### Physical fitness and your health

- Physical fitness and you
- Exercise and fitness
- Planning a fitness program

#### Nutrition and your health

- Food in your life
- Nutrients: carbohydrates, proteins, and fats
- Nutrients: water, vitamins, and minerals
- Guidelines for healthy eating
- Being a smart food consumer

#### Personal Health

- Healthy skin, hair, and nails
- Healthy teeth and mouth
- Healthy eyes
- Healthy ears

#### Managing Stress in your life

- What is stress?
- Stress in your life
- Managing stress
- Coping with a loss

#### Building healthy relationships

- Getting along with others
- Communicating effectively

#### Peer Relationships

- Strengthening Family relationships
- Looking at health of a family
- Support the Systems for families

#### Integumentary, Skeletal, and Muscular System

- The integumentary system
- The skeletal system
- The muscular system

#### Your Nervous and Endocrine Systems

- The nervous system
- Care of the nervous system
- The endocrine system

#### Your Circulatory and respiratory Systems

- The circulatory system

	Care and problems of the circulatory system
	The respiratory system
Your Digestive and Urinary Systems	
	The Digestive System
	Care and Problems of the Digestive System
	The Urinary System
Your Body's Reproductive System	
	The Male reproductive system
	The female reproductive system
Sexually Transmitted Diseases	
	Preventing STDs
	Common STDs and their treatments
Tobacco	
	Tobacco Use-A high risk behavior
	What tobacco does to the body
	Choosing to be tobacco free
Alcohol	
	Alcohol use
	What alcohol does to the body?
	Alcohol and society

### **Grades**

Daily assignments and unit test will added together to make up 80% of the grade.

Task management points will be added to make up 10% of the grade.

The final test will make up 10% of the grade.

### **Attendance Policies**

- 1) As indicated in the in the WCA School Handbook, students who have 3 or less absences, 0 unexcused , 2 or less tardies, 0 discipline referrals and No Late Work will be exempt from one assignment no more than 10% of their total grade at the end of each quarter.
- 2) If a student is absent, they need a make up slip and will have two days to hand in the missed work. No make up slip will result in loss of task management points for that day.
- 3) No credit will be awarded for late work from an unexcused absence.
- 4) Late work will be expected to be turned in for a maximum of 50% credit.

**Class Rules** are posted in the room!

### **Discipline**

- 1) Warning
- 2) Loss of task management points
- 3) Referral

\* In Case of a fire drill exit the double door, proceed left down the hall and out the

doors.

\*In case of code red, everyone should go to the corner of the room by the tall cabinet and remain calm.

To ensure that Parent(s)/Guardian(s) know what will be covered during eighth grade health I will need a signature allowing the student to engage in full participation in all the content areas. If there are content area(s) you feel are not appropriate to family values or beliefs and would like the student to be withheld please make note below. This needs to be returned by 11/06/12. Thank you and feel free to call or e-mail if you have any questions.

Student:

X\_\_\_\_\_ Date:\_\_\_\_\_

Parent(s)/Guardian(s):

X\_\_\_\_\_ Date:\_\_\_\_\_

X\_\_\_\_\_ Date:\_\_\_\_\_

Notes:

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