

HS Health Syllabus S1 2024/25 - Taber

Welcome to High School Health with Mr. Taber. This semester we will cover several different aspects of health and fitness, all to create healthier, more informed young adults! This course will feature a mix of projects, quizzes, presentations, and essays as summative material. In addition, the course will feature discussion-based formative assignments and we will always strive to promote positive discussion among all students regarding a given topic. A portion of the material in this course will be based on sensitive topics, and students are expected to advocate for themselves and sit out/take a break whenever necessary. Topics in this course include the following:

- Fitness and Exercise
- Mental Health
- Alcohol, Drugs, and Tobacco
- Human Reproduction
- STDs
- Nutrition

Each unit will be worth 15% of the final grade, and the final cumulative exam will be worth the remaining 10% of the grade. Each unit will comprise formative assignments and one summative assessment per unit (6 total throughout the semester). Each unit will vary in length, ranging from 1-2 weeks, up to 5-6 weeks depending on the unit. Students will explore information within each unit through lectures, research, independent reading, and group discussions.

Though this class is a graduation requirement, it should NOT stand between you and a graduating. This course is made up of topics that are essential to a healthy lifestyle, and information that is highly relevant to your day-to-day life. Below is a short timeline of the subjects in this class, please note that this is subject to change based on snow days and other factors out of our control.

- August/September: Fitness and Exercise
- End of September: Mental Health
- October: Alcohol, Drugs, and Tobacco
- November: Human Reproduction/STDs
- December: STDs/Nutrition
- January: Nutrition

Disclaimer regarding the sensitive material in this class: Throughout the semester students will be shown video footage of individuals struggling with drug and alcohol addiction, the Miracle of Life video which shows a brief clip of a live birth, and various diagrams displaying the anatomical systems. All material that will be shown is a part of the curriculum and has been approved by SAU63. If you have any questions, please feel free to contact me via email at c.taber@sau63.org

Our Google Classroom code is: 3t4wda5

Please return this syllabus signed by the end of the first week of class

Student signature

Vision of a Graduate: The WLC Graduate will be an effective communicator, a strong collaborator, a creative problem solver, a self-directed learner, and a responsible citizen.