



## **SY25 8th Grade Health**

*Crosslake Community School Online Program*

### **INSTRUCTOR**

#### **Troy Stehr**

troystehr@crosslakekids.org

**(218) 203-9435**

Office Hours: 10:00 a.m. - 2:00 p.m. M-F (pre-arranged time outside this time may be arranged to accommodate students' needs)

### **Course Description**

This course designed for middle school students examines and analyzes various health topics. It places alcohol use, drug use, nutrition, healthy relationships, disease prevention, relationships, and health safety in the context of the importance of creating a healthy lifestyle. Throughout the course, students examine the practices and plans they can implement in order to carry out a healthy lifestyle, and the consequences they can face if they do not follow safe health practices. In addition, students conduct in-depth studies in order to create mentally and emotionally healthy relationships with peers and family, and to devise healthy nutrition, sleeping, and physical fitness plans.

*The Contemporary Health course does cover sensitive topics such as sexual intercourse, contraception, sex and gender, pregnancy, sexual harassment, physical violence, emotional abuse, sexually transmitted infections, and substance use and abuse.*

### **Scope and Sequence and Course Objectives**

Unit 1: Your Body



- Discuss and describe the functions of the heart. Explain fertilization and conception. Discuss the physical, emotional, social, intellectual, and spiritual changes that take place during adolescence.

## Unit 2: Mental Health

- Differentiate between physical, mental and emotional health. Discuss and describe diseases and disorders of the mind. Discuss and describe emotional disorders. Differentiate between the healthy and unhealthy aspects of friendships. Explain how respect and listening can impact relationships.

## Unit 3: Nutrition and Fitness

- Understand that good nutrition supplies the body with calories and nutrients needed for maximum energy and wellness. Recognize that nutrients are classified into six groups. Describe the functions of the six basic nutrients. Identify nutrients in a variety of foods. Explain the relationship between good nutrition and disease prevention. Utilize My Plate visual to identify the five different food groups and the amounts needed for healthy living.

## Unit 4: Health Maintenance

- List basic rules of personal safety. List guidelines for swimming safety. Recognize that natural disasters do occur and where they occur. Identify ways to be generally prepared for such disasters. Understand the importance of first aid. Discuss the actions to take in different emergency situations. Be familiar with the actions to take in the emergency situations listed in this section. Understand that diseases fall into several categories by similarity or cause.

## Unit 5: Responsible Living

- Recognize how the environment influences the health of the community. Distinguish between proper and improper usage of drugs. Describe the four categories of drugs and the effects of drug use. Describe the effect that alcohol has on the body. Describe the harmful effects that tobacco has on users and those around them. Identify symptoms and treatments for some common STDs. Describe the harmful effects of STDs. Discuss current methods of birth control and the effect they have on STD transmission.



## GRADING

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below. These may change if changes are made to the course content throughout the semester.

Grading Category	Weight
Assignments	30%
Projects	20%
Lesson quizzes	25%
Unit tests	25%

## Attendance/Participation Policy

- Attendance

Weekend work: Attendance is expected on and only recorded for school days per the board approved school calendar. However, up to 2 days, maximum, for any weekend, extended weekend or holiday preceding a school week may be applied to the following school week in lieu of any potential absences. This policy only stands in place for days where work is turned in on a weekend, extended weekend, or holiday (tardies will not be applied), and these days cannot be banked to use at a later time.

- Plagiarism/Academic Integrity

If a teacher suspects that a student has submitted plagiarized work, the teacher will have a meeting with the student to discuss and the student may be given an opportunity to resubmit the work. If CCS staff suspect that work has been completed by someone other than the student, that the student is plagiarizing work, or otherwise questions the academic integrity of the work, the student may be required to attend a Google Meet with the teacher to complete alternative coursework and/or tests to guarantee that the needed concepts and standards in the course have been mastered. Failure to attend requested meetings



and/or repeated instances of plagiarism could result in a reduced or zero grade for the assignment, and in severe cases could result in further disciplinary action.

## **SUPPLEMENTAL STUDENT COMMUNICATION**

### **Progress Reporting**

CCS Online staff will submit progress reports to the local school contact person upon completion of the student's academic term. The student and family may access regular progress reports in the online learning platform through the student gradebook anytime.

### **Final Grades and Submissions**

Semester and final grades are submitted to the school counselor within 10 days of the end of the semester. Successfully completed CCS Online courses are worth .5 credits per semester.