

10th 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

Physical Activity for Life

- Physical Activity and Skills Related Fitness
- Physical Activity and Total Health
- Avoiding Injuries

Food and Your Health

- Managing your Weight
- Fad Diets and Eating Disorders
- Nutrition for Individual Needs
- Protecting Yourself from Food Problems

Mental and Emotional Problems

- What are Mental Disorders?
- Suicide Prevention
- Getting Help

Healthy Family Relationships

- Strengthening Family Relationships
- Looking at the Health of the Family
- Support Systems for Families

Resolving Conflicts and Preventing Violence

- The Nature of Conflict
- Conflict Resolution Skills
- Strategies for Avoiding Violence
- Preventing Abuse

Your Nervous and Endocrine Systems

- The Nervous System
- Care and Problems of the Nervous System
- The Endocrine System

The Beginning of the Life Cycle

- Prenatal Development and Care
- From Generation to Generation
- Birth Through Late Childhood

Adolescence - A Time of Change

- Changes During Adolescence
- Practicing Abstinence

The Life Cycle Continues

- Growth for a Lifetime
- Marriage and Parenthood
- The Aging Experience

Understanding Medicines

- The Role of Medicines
- Using Medicines Wisely

Illegal Drugs

- Drug Use – A High-Risk Behavior
- Psychoactive Drugs

Steroids and Other Dangerous Drugs
Strategies for Preventing Drug Abuse

Recovering from Addiction and Codependency

Recovering from Addiction

Recovering from Codependency

HIV and AIDS

HIV Infection

Treatment for HIV-Related Illnesses and AIDS

Noninfectious Diseases and Disabilities

Lifestyle Diseases

Cancer

Other Noninfectious Diseases

Physical and Mental Challenges

Providing First Aid and Handling Emergencies

Administering First Aid

Poisonings

More Common Emergencies

*Next Year CPR

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 doors, 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 tenth 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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