

Health



Course Syllabus

Instructor Information

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Course Description

This semester long Health Education Course will help students develop the knowledge and skills they need to make healthy decisions that allow them to stay active, safe and informed. This course is designed to enhance the awareness and knowledge of healthy lifestyle choices. The lessons and activities are designed to introduce the student to important aspects of the main types of health: emotional and mental, social and consumer, and physical. Among other topics, students will explore nutrition, understanding and avoiding disease, first aid and CPR. Several adolescent risk behaviors (dietary patterns that contribute to disease, sedentary lifestyles, tobacco, alcohol and drug use) will be addressed while advocating for the students to make healthy choices for their overall health. Students will find out about the components of a healthy lifestyle and ways to approach making healthy choices and decisions.

The Idaho State Department of Education requires all public school students to be instructed in Hands-Only CPR as part of a health/ wellness course. This includes instruction and demonstration, as well as information on AED (Automated External Defibrillator). This course meets that requirement.

Curricular Information

Required Reading: Reading selections will be posted in Google Classroom for each Health unit.

Additional Resources: Links to additional reading sources will be attached to the required reading pages.

Standards: The following link will take you to the Idaho State Standards for this course:
<https://www.sde.idaho.gov/academic/shared/health/ICS-Health.pdf>

Supplies Required for this Course: Writing utensil, spiral notebook.

Daily Time and Effort Expectations: One hour per school day per subject is required, in order to earn high school credit. You will be provided with a Pacing Guide to follow. Use the Pacing Guide to budget your time and talk to your teacher about time management.

Notebook Checks: Each unit will require several “reflection” assignments to check the students knowledge of the current material. These reflections will need to be more than two paragraphs, and will be checked up to twice per week.

Google Classroom: Unit readings, reflections and links will be posted on GC for every unit. Reflection assignments will be turned in to the instructor via notebook checks, and tests will be given in class every other Thursday.

Course Schedule

Topics	Major Assignments	Timeframe
<i>Health and Wellness</i>	<i>Reflections-Unit Test</i>	<i>Weeks 1-2</i>
<i>Mental Health</i>	<i>Reflections-Unit Test</i>	<i>Weeks 3-4</i>
<i>Nutrition</i>	<i>Reflections-Unit Test</i>	<i>Weeks 5-6</i>
<i>Consumer Health</i>	<i>Reflections-Unit Test</i>	<i>Weeks 7-8</i>
<i>Caring For Your Body</i>	<i>Reflections-Unit Test</i>	<i>Weeks 9-10</i>
<i>Alcohol, Tobacco, Drugs</i>	<i>Reflections-Unit Test</i>	<i>Weeks 11-12</i>
<i>First Aid and CPR</i>	<i>Reflections-Unit Test</i>	<i>Weeks 13-14</i>
<i>Diseases and Disease Prevention</i>	<i>Reflections-Unit Test</i>	<i>Weeks 15-16</i>
<i>Semester Review</i>	<i>Reflections-Unit Test</i>	<i>Week 17</i>
<i>Finals Week</i>	<i>Reflections-Unit Test</i>	<i>Week 18</i>

Course Evaluation:

The percentage breakdown for semester grade calculation will be as follows:

Skills Practice 35%

Assessments 50%

Final Exam or Project 15%

Skills practice will be weekly notebook checks and multiple reflection assignments per unit.

An Assessment will be given at the end of each unit.

The Final Exam will be a compilation of all the individual unit tests.

Grading Scale

Grade	Percentage	Proficiency descriptors
A+	97-100	<i>Assignments are fully completed in a timely manner and of excellent quality; the student shows superior level of initiative and seeks to <u>go beyond the minimum requirements</u>. Errors are rare or nonexistent.</i>
A	93-96	
A-	90-92	
B+	87-89	<i>Assignments are fully completed in a timely manner and typically of above average quality; the student is conscientious and meets all requirements with few errors.</i>
B	83-86	
B-	80-82	

Grade	Percentage	Proficiency descriptors
A+	97-100	<i>Assignments are fully completed in a timely manner and of excellent quality; the student shows superior level of initiative and seeks to <u>go beyond the minimum requirements</u>. Errors are rare or nonexistent.</i>
A	93-96	
A-	90-92	
C+	77-79	<i>Assignments are generally complete (met minimum requirements) and of good quality; assigned tasks have occasional errors.</i>
C	73-76	
C-	70-72	
D+	67-69	<i>Assignments are generally incomplete or of poor quality; the student makes frequent errors in work.</i>
D	63-66	
D-	60-62	
F	0-59	<i>Work is poorly done, if at all. Overall performance is inadequate to pass the course.</i> <i>Note: No name = No credit</i> <i>Illegible = No credit</i> <i>Late = No credit (*will <u>STILL</u> complete and submit the assignment)</i>

Classroom Policies and Expectations: Students are expected to adhere to the classroom rules set by the teacher in their assigned classroom, and in accordance with expectations found in the [Student Handbook](#) and [Technology Policy](#).

Academic Honesty Code of Conduct:

“On my honor, I will maintain the highest possible standards of honesty, integrity, and personal responsibility. This means I will not lie, cheat, or steal, and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”

Violations of this code include, but are not limited to:

- Copying another person’s work or allowing your work to be copied (plagiarism)
- Allowing someone other than yourself to complete work in your name
- Using unauthorized assistance on an assessment or assignment
- Falsifying or manipulating data
- Submitting the same work for multiple courses without instructor’s permission
- Giving answers to other students
- Lying to an instructor
- Tampering with or destroying the work of another student
- Using responses found on the internet, or created with the use of technological means (ex artificial intelligence, etc)

****Any outside sources used on an assignment should be referenced and cited appropriately. ****

Consequences for Academic Dishonesty: At the instructor’s discretion, the student **will** lose partial or full credit for the assignment. The student will be on notice that the incident will be recorded in the

gradebook and his/her parent(s) will be informed. Future academic dishonesty incidents will result in a grade of zero for the assignment, a meeting with the principal, and possible loss of credit, suspension, or expulsion. Direct copying is plagiarism. Only original work may be submitted for this (and any other) academic course. If you have any questions about avoiding plagiarism, please visit the [**OWL at Purdue's "Avoiding Plagiarism" web page.**](#)