

HEALTH COURSE OUTLINE

Mr. Jablonski

This class is designed to provide you with knowledge, tools and skills to become healthier and happier. In other words, you can use what you learn this semester to begin achieving **holistic health—physical, emotional, mental, social and spiritual**. You will be encouraged to take responsibility for your own health and develop healthy habits, which will improve the quality of your life. Academically, you will be assessed based on your performance on class work and homework assignments, tests and extra credit.

SOME OF THE SUBJECTS TO BE COVERED

Holistic Health	Sleep
The Brain	Physiological systems (e.g., immune, digestive, respiratory, circulatory)
Obesity	Drugs/Addiction
Chronic Diseases (diabetes, heart disease, cancer)	Mental Health
Body Image	Emotions
Nutrition	Communication/Conflict Resolution
Exercise	Healthy Habits/Lifestyle
Reproduction	First Aid and CPR (9 th grade)
Stress/Stress Management	Other subjects as time allows
Self Esteem	

GRADING CRITERIA

Homework/Classwork=50% (“check”=credit, “check minus” = half credit, “check plus”=credit + one-half)
Tests =50% LATE WORK IS NOT ACCEPTED. MISSED ASSIGNMENTS/TESTS DUE TO EXCUSED ABSENCE MUST BE MADE UP WITHIN TWO CLASS PERIODS. TEST MAKE-UPS ARE DURING LUNCH.

Class Participation—Favorable class participation (asking and answering questions, taking part in discussions, being attentive and cooperative) may raise a student’s grade if he/she is close to a higher grade. More importantly, being involved will help you learn.

Extra credit—See “Extra Credit Opportunities” handout. These points are added to your test point total.

HALL PASSES

Each student is allowed two hall passes for the semester. Students who don’t use their passes will receive six extra credit points. Students who use one pass will receive 3 extra credit points

MATERIALS

You will need the following: an **open mind, curiosity, a three-ring binder, paper, and pen/pencil**. You should keep all materials, graded assignments and tests until end of semester. Only water and raw vegetarian food are allowed in class. This privilege will be revoked if it causes disruption or a mess.

BEHAVIOR

- Enter quietly. Read board for instructions. Take out homework, pen/pencil.
- No hats, hoods, scarves, headbands or any other headwear
- No gum. First violation=trash pick-up or clean classroom. Second violation=detention.
- No personal items or work from other classes. (These will be confiscated and returned after trash pick-up has been completed. Cell phones kept for one day.)
- Raise hand to speak. (No side conversations.)
- Do not put head down on desk.

DISCIPLINE

- First reminder = name on board (warning)
- Second reminder = check by name (stay after class and clean up)
- Third reminder = two checks by name (after class and lunch trash pick-up)
- Second time after class for name with a check = trash pick-up
- Third time after class for name with a check = detention

ATTENDANCE

- Excessive absences will negatively impact your grade. **You are responsible to ask about and make up missed work.**
- Be on time. Three tardies = U; four tardies = trash pick-up; five or more tardies = detention. If tardiness continues, you will be referred to dean.