

# **NORTH DORCHESTER HIGH SCHOOL**

## **HEALTH COURSE SYLLABUS/OUTLINE**

**INSTRUCTOR: TERRI WRIGHT      EMAIL – [wrightt@dcpsmd.org](mailto:wrightt@dcpsmd.org)**

**SCHOOL PHONE NUMBER 410 943 4511**

### **Class Length/Schedule:**

**90-minute semester classes will have 45 minutes of synchronous instruction and 45 minutes of asynchronous instruction Tuesday – Friday during your scheduled class times.**

**45-minute year- long classes will have 45 minutes of synchronous instruction on Tuesdays and Thursdays and 45 minutes of asynchronous instruction on Wednesdays and Fridays during your class time.**

**Instruction will be delivered during your scheduled class time through Google Meet. Schoology will be the platform used for assignments.**

### **Schedule –**

#### **Period 1**

**8:00 – 8:45 am Synchronous Learning – you should be on Google Meet with the teacher.  
8:45-9:30 am Asynchronous Learning – you should be completing work provided in Schoology. Teacher is available to answer questions.**

#### **Period 2(A)**

**9:35-10:20 am Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.  
Asynchronous Learning on Wednesdays and Fridays – you should be completing work provided in Schoology. Teacher is available to answer questions.**

#### **Period 2(B)**

**10:20-11:05 am Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.  
Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.**

### **Period 3 Teacher Planning**

#### **Period 4**

**1:20-2:05 pm Synchronous Learning – you should be on Google Meet with the teacher.  
2:05-2:50 pm Asynchronous Learning – you should be completing work provided in Schoology. Teacher is available to answer questions.**

## **Course Description:**

The health course content prepares students with knowledge and skills necessary to make responsible decisions in establishing lifelong health-promoting behaviors.

CPR/AED instruction is required for all students in order to graduate high school and will be a part of health instruction.

Family Life & Human Development will also be a part of the health instruction.

## **Course Requirements/Objectives:**

The students will...

1. Follow the schedule for synchronous/asynchronous learning and complete all classroom assignments in a timely manner and to the best of your ability.
2. participate in class discussions in a respectful manner and listen attentively to class lectures.
3. work through a decision-making model.
4. establish their own values and how this plays a part in their decision- making process.

## **Texts/Resources:**

Internet for research

## **Required Materials:**

One notebook

## **Grading Policy:**

60% Quizzes, Tests and Projects

40% Classwork, Warm- Ups and Exit tickets

The final exam will count 5% of your final grade

## **Guidelines for Success:**

1. Have your notebook and writing utensil for class daily.
2. Be on time for your class through google meet.
3. Complete all class work, projects and tests to the best of your ability.
4. Keep track of all your graded assignments.
5. Study class material frequently.
6. When absent make up your missed work.
7. Follow school and classroom rules.
8. Always respect others.
9. Practice good character traits. They will take you far in life.

## **Course Standards/Health Topics**

### Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health, including:

- (a) Mental and emotional health; October 2020
- (b) Substance abuse prevention; December 2020
- (c) Family life and human sexuality; November 2020
- (d) Safety and violence prevention; December 2020/January 2021
- (e) Healthy eating; and September 2020
- (f) Disease prevention and control. November 2020

### Standard 2 November 2020

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

### Standard 3 October 2020

Students will demonstrate the ability to access valid information, products, and services to enhance health.

### Standard 4 November 2020

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

### Standard 5 At the end of each unit throughout the semester

Students will demonstrate the ability to use decision-making skills to enhance health.

### Standard 6 September 2020

Students will demonstrate the ability to use goal-setting skills to enhance health.

### Standard 7 November 2020

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

### Standard 8 December 2020

Students will demonstrate the ability to advocate for personal, family, and community health.