



Health

22-23 School Year

Instructor: Mr. Long
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Response time: 24 hours
Room: F130

What is Health?

Health is a valuable course; it's the state of physical, mental, and social well-being in which disease and illness are absent. It's about analyzing and interpreting our behaviors and provoking positive changes. The reality is our health affects us on the daily... "It is health that is real wealth and not pieces of gold and silver." -Gandhi

Course Objective:

The ultimate goal of health education is to promote, maintain and improve individuals' and community health by identifying, assessing, and implementing healthful behaviors and strategies.

Online Platform Used: Google Classroom

Required Materials/Online Programs/Resources:

- Class set of the Health Textbook (Glencoe Health 2009) *If have an IEP please checkout textbook for home
- School issued Chromebook with access to Classlink and Kami
- If opting out of Positive Prevention, need to submit form via Google Classroom
 - Positive Prevention Opt Out Waiver [Here](#)
 - Parents please digitally sign or print, sign, and upload this form ONLY IF OPTING OUT.
 - Let me know via email if you would like to review the curriculum at school with our nurse.

Average Day in Class:

1. *Intro (Participation)*- Up to 7 mins: Attendance, review, Q&A, material check, quick write.
2. *Direct Instruction*- Up to 20 mins: Presentation, guided activities, simulations, games, etc.
3. *Independent work*- Up to 25 mins: Assignments, group work, video clip, research, reading, etc.
4. *Closing*- Up to 5 mins: Overview, homework, Q&A, exit ticket, thought box.

Earn PBIS/ Bulldog Bucks by executing the 3 B's

Units of Study:

1. Personal Healthcare
 - a. Communicable Diseases
 - b. Non-communicable Diseases
 - c. Preventative Medical and Dental Care
 - d. Personal Hygiene and Health
 - e. Making Informed Healthcare Decisions
2. First Aid and Injuries
 - a. Safety and Injury Prevention
 - b. First Aid
 - c. Safe Driving Habits
 - d. Disaster Preparedness
3. Fitness and Nutrition
 - a. Guidelines for Healthy Eating
 - b. Nutrition and Health
 - c. Nutrition and Physical Fitness in Your Community
 - d. Choosing and Preparing Healthy Foods
 - e. Maintaining a Healthy Body Composition and Body Image
 - f. Physical Fitness and Health
4. Mental Emotional and Social Health
 - a. The Importance of Mental and Emotional Health
 - b. Mental and Emotional Problems
 - c. Stress and Stress Management
 - d. Grief, Loss, Depression, and Suicide
 - e. Bullying
 - f. Seeking Help in Your Community
 - g. Conflict Resolution and Decision-Making Skills
5. Drugs
 - a. Alcohol Use and Its Dangers
 - b. Nicotine, Tobacco, and their Dangers
 - c. Prescription, Nonprescription, and Illegal Drugs
 - d. A Substance-Free Lifestyle
6. Positive Prevention- Sexual Health
 - a. Reproductive System and Puberty
 - b. Abstinence and Making Informed Decisions
 - c. Skills for Healthy Relationships
 - i. Healthy Relationships: Dating and Marriage
 - d. Conception, Pregnancy, and Birth
 - e. Sexually Transmitted Infections and HIV/AIDS

Grading Policies:

Summative: 50%

- Unit Tests
- Projects
- Essays

Formative: 40%

- Classwork
- Homework
- Practice Quizzes

Participation: 10%

- Quick-writes
- Discussions
- Surveys/ Exit Tickets

*Aeries Gradebook updated Bi-monthly

Missing and Late Work Policy:

- Late work will be accepted within the current unit of study and will receive up to half credit. Students will need to leave a comment on Google Classroom at time of late submission so that I am alerted of your late work.
 - **Renaissance Card:** Can be used for full credit on a late assignment submission.
- If a student has an IEP or 504 plan, late work is accepted for up to full credit *IF* student received an extension prior to the due date.
- Absent Work: You have the same number of days absent to make up missed work for up to full credit.

Communication:

Google Classroom is updated as needed, daily/weekly with assignments, resources, and announcements. I am available via email and through Google Classroom comments.

Plagiarism/Academic Dishonesty:

1. First Offense- Student(s) will be given a zero on the assignment if found to cheat or plagiarize and will be documented in Aeries comments.
2. Second Offense- Student(s) will be sent to the Assistant Principal's Office and will be given a zero on the assignment which will be documented in Aeries comments.

Mark	Low %	High %
A+	98.00	100.00
A	93.00	96.99
A-	90.00	92.99
B+	87.00	89.99
B	83.00	86.99
B-	80.00	82.99
C+	77.00	79.99
C	73.00	76.99
C-	70.00	72.99
D+	67.00	69.99
D	63.00	66.99
D-	60.00	62.99
F	0.00	59.99

Supplemental Materials to be used:

This list is not exhaustive, but covers the majority of supplemental materials used in class:

- Kahoot
- Khan Academy
- Ted Ed
- Discovery Channel
- BBC
- National Geographic
- Crash Course
- [TeenHealth.org](https://www.teenhealth.org/)
- [National Alliance on Mental Health](https://www.namh.org/)
- [National Institute on Mental Health](https://www.nimh.nih.gov/)
- [StopBullying.gov](https://www.stopbullying.gov/)
- Reputable news outlets and websites
- A parent approved young adult oriented health silent reading book