

# 11th Grade Health Syllabus

Mr. Muthler

Course Objective:

Students will be introduced to basic health concepts and how to apply them to real world situations and scenarios. Some topics covered in class will be:

- Value of Health
- Nutrition
- Diet and Exercise
- Substance Use/Abuse
- Infectious and Non-Infectious Diseases
- Alcohol & Tobacco
- Preventing Injuries
- Body Systems
- Health Risk Factors

Grading: Grade points will be announced. Assessments can be written quizzes and tests, assignments in and out of class, daily notebook, and projects. A class participation grade will be taken based on student's effort and participation in class.

The textbook that we will use in this course is: Health Skills for Wellness by Prentice Hall.

A range of activities and strategies will be used in this class such as: guest speakers, videos, other class activities, group/individual work, and review games. Daily bell ringers will be completed in the daily notebook.

Note: Inappropriate language and behavior will not be tolerated and will impact your participation grade in this course.