

## Harris County High School 2012-2013 Health Syllabus

Instructor: M. Johnson

Location: M-4

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*Health is perhaps the single most important pursuit in life. Good physical, emotional, mental, and social health are essential to enjoying life and living it to its fullest. This course will help students examine their lifestyle, select goals, and make plans to achieve and maintain optimum health. This involves choosing behaviors that help prevent illness and accidents, promote health for oneself and others, or improve the quality of the environment.*

**OBJECTIVE:** To promote wellness, health literacy, and positive health behavior in young adults.

### **EXPECTED OUTCOMES:**

- Students will be educated on how to make good decisions regarding their health and lifestyle.
- Students will participate in various kinds of activities related to becoming healthy adults.
- Students will learn to evaluate their health.
- Student experiences will help determine future health related choices.

### **TEACHING METHODS:**

- Student learning will be invited through the use of study guides, small group discussions, teacher lecture, whole class discussion, quizzes/exams, presentations, current events, group projects, technology, and reflections.
- Observation of programs and agencies, guest speakers, and viewing of video material will provide students further opportunities to gain knowledge and reflect on his or her learning.

### **TOPICS DISCUSSED:**

- Physical, Mental/Emotional, Social Health
- Decision Making Skills
- Nutrition
- Substance Abuse
- Why Wait? Sex Education Program
- Alcohol and Drug Awareness Program (ADAP)....this course is required by the state of Georgia in order to obtain a driver's license.
- FITNESSGRAM Training Activities

### **CLASSROOM GUIDELINES:**

- Attend class regularly and participate in class activities
- Complete all work and projects on time
- Be punctual and prepared for class
- If absent, request make-up work within **three** days of absence....failure to do so could result in zeros for missed work
- Be respectful and courteous to all members of this class
- **I-Pods, cell phones, and electronic devices are not allowed to be used during class. Phones must be off.**



# Please Sign and Return THIS Page only!

*I have read the Health course syllabus thoroughly, and understand my teacher's expectations of me for the semester. I will keep the syllabus in my Health binder to refer to it from time to time if necessary.*

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Date

*I have read my child's Health course syllabus, and understand the teacher's expectations for my child.*

\_\_\_\_\_  
Parent/Guardian's signature

\_\_\_\_\_  
Date

Dear Parents:

Teacher communication is vital in the academic success of all students. I would appreciate it if you could please provide the contact information listed below. This is to help me keep you better informed of any concerns or questions about your child. Also, please feel free to contact me. E-mail is the fastest way to get a response. I will make every effort to respond the same day.

Sincerely,  
M. Johnson

Parent Name(s): \_\_\_\_\_

Parent e-mail address: \_\_\_\_\_

\_\_\_\_\_

Daytime contact name/phone: \_\_\_\_\_

Preferred contact method:    e-mail                    phone                    other \_\_\_\_\_