

Course Overview

Health Education/ Abbey Cowen

Title of Course	Health
Teacher's Name	Ms. Abbey Cowen <ul style="list-style-type: none"> • Room Number – 322 • Phone (810) 591-5486 • acowen@carmanainsworth.org
Course Information	<ul style="list-style-type: none"> • Semester course for ½ academic credit in Health. • Course is required for graduation. • Course is most often taken as a freshman or sophomore.
Teacher Information	<ul style="list-style-type: none"> • Bachelor of Science Degree – Eastern Michigan University (2003) Major – Physical Education/Health Education • Master of Arts Degree – Ashford University (2008) Major – Teaching and Learning with Technology
Prerequisite(s)	<ul style="list-style-type: none"> • None
Course Description and Overview of Content	<ul style="list-style-type: none"> • This one semester required class addresses the current issues in the field of Health Education. The class includes, but is not limited to, topics on nutrition, fitness and exercise, substance abuse, disease prevention, reproductive health, and HIV/AIDS awareness education.
Course Goal/ Intended Outcomes	<ul style="list-style-type: none"> • This course is designed to prepare young adults to make decisions about their physical, mental, and social well-being that will allow them to make informed decisions throughout their lives.
Text and/ or Other Materials	<ul style="list-style-type: none"> • Michigan Model for Comprehensive School Health Education. • Making Life Choices – Health Skills and Concepts II Edition.Sizer, Whitney, and DeBruyne • T.E.A.M. – Teaching, Educating and Mentoring. (Michigan State Police).

Format and Activities	<ul style="list-style-type: none"> • Class sessions follow district guidelines for the instructional process, 4MAT. All multiple intelligence's will be addressed throughout the semester. Activities include, but are not limited to, class discussions, tests/quizzes, formal and informal essays, portfolios, role plays, formal and informal research, movies, debates and physical participation.
Grading Practices and Procedures	<ul style="list-style-type: none"> • Grading is based on an overall point system. • Each unit will contain quizzes, group work, homework, and a unit test. • Rubrics are provided before final projects are due, more often when assignments are given. • Grades start over at the end of each Marking Periods; each Marking Period is worth 40%; the Final Exam is worth 20%. Students must pass two of the three grade reports to pass Health Class. • Grading Scale: 100 – 95 = A 94 – 90 = A- 89 – 87 = B+ 86 – 83 = B 82 – 80 = B- 79 – 77 = C+ 76 – 73 = C 72 – 70 = C- 69 – 67 = D+ 66 – 63 = D 62 – 60 = D- 0 – 59 = Failure

Attendance/ Tardiness	<ul style="list-style-type: none"> • Tardiness and Absences will be handled according to the Student Handbook. • It is the student's responsibility to check with classmates for notes and retrieve make-up work from the teacher after an absence. • The student is allowed the number of days absent plus one to complete make-up work for an excused absence.
Classroom Rules and Procedures	<ul style="list-style-type: none"> • Show RESPECT for yourself and your classmates. • Be on time and ready to learn daily (materials). • Listen quietly when someone is speaking. • Be responsible for your own work. • Come to school focused and ready to learn. • Be respectful of any visitor to the classroom (Guest Teachers, Guest Speakers, Etc).
Academic Integrity	<ul style="list-style-type: none"> • Plagiarism or cheating will result in loss of credit for that assignment. Continued problems may result in loss of credit for the course.
Technology Usage	<ul style="list-style-type: none"> • Students need a signed AUP form on file in the Media Center in order to access the internet. • Students will be using the computers, video cameras, overhead projectors, and VCR's throughout the semester.
Comments	* Upon review, this document may change.