

# 8<sup>th</sup> Grade Health Syllabus

2011-2012

*Miss Kerins*

*Classroom phone: (406) 324-1044*

*Home phone: (406) 578-1427*

*E-mail: bkerins@helena.k12.mt.us*



## **Course Description:**

*Real-life application of health skills to help students apply what they learn in health class toward practicing healthy behaviors for a lifetime.*

## **Materials needed for class everyday:**

- ✓ *Textbook: Glencoe Teen Health Copyright 2009*
- ✓ *Notebook*
- ✓ *Pencil*

## **Be Respectful:**

- *Be on time and ready to work when class starts. (The day's participation points will be lost if you are late)*
- *Cell phones and IPODS are not allowed in the classroom and will be taken away if I see you using them.*
- *You are expected to follow all school and district policies.*

## **Be Responsible:**

- *It is your responsibility to write down homework assignments and bring your completed work to class.*
- *Late homework will be accepted one day late for 50% credit but after that no credit will be awarded.*
- *You always have the option to redo an assignment within one week for half of the points that were missed.*

- You are responsible for the material and homework covered in class if you are absent. The homework calendar is posted on my website and always available.
- Make-up work will only be accepted for excused absences. Make-up tests and quizzes must be scheduled **immediately**.
- If you miss class for a school related extra-curricular activity you are expected to get the assignment before you leave and it is due the day you come back.
- Books must be covered and brought to class every day.

**Be a Learner:** Attendance and an open mind are required in order to create a positive learning environment. It is not important that you get all of the correct answers, but it is essential that you attempt every activity and come to class ready to actively participate.

**You earn your grade:** You will be graded on both your class participation and your course work. Participation includes coming to class and being willing to try and learn new things every day. The course work will include homework assignments, projects, tests and quizzes which will all be announced.

**Grading Scale:**

A = 90-100	D= 60-69
B = 80-89	F= 59 and below
C = 70-79	

**Cheating and Plagiarism:** Cheating and plagiarism will not be tolerated in this classroom. If you feel like your neighbor is looking on your paper at any time during a test please get up and move so there is no suspicion that you may be cheating. Plagiarism is the act of using the ideas, language, or work of another, and passing them off as one's own product. This includes submitting or copying another person's work, failing to site your sources, and furnishing false information. If you are caught cheating or plagiarizing you will receive a zero on the activity and your parents will be notified.

**Extra Help:** If you need extra help please come in before school, after school, or during lunch.

***Middle School Health Opt out Policy:*** Please give advanced notification if you plan to opt out of any activities.

*Step 1 - Refer to Parent Handbook 5-10P for opt out procedure*

*Step 2 - Options for opt out assignment*

*Teacher will give the parent and student the decision to go further in depth with previous content in the form agreed upon by the teacher, parent, and student (i.e. Poster, PowerPoint, or written report)*

*Step 3 - Points will be awarded for opt out assignment that will be equivalent to the unit points possible.*

## ***Course Overview***

*Please note that this outline is subject to change. For a more complete overview please see my webpage on the district site.*

### ***Week 1: Introduction to Health and Wellness***

- *Rules and protocols*
- *Health and Wellness*
- *Longevity*

### ***Week 2: Being My Best***

- *Self-image and self-esteem*
- *Healthy goals and decision making*
- *Body Image*

### ***Week 3: Mental, Emotional Health, and Stress***

- *Mental and Emotional Health*
- *Coping with Loss*
- *Stress*

### ***Week 4: Emotional Disorders and Suicide***

- *Emotional Disorders*
- *Suicide*

### ***Week 5: Relationships***

- *Friendships*
- *Communication*
- *Peer pressure and Refusal Skills*
- *Family*

***Week 6: Conflict Resolution***

- *Conflict Resolution*
- *Preventing Conflicts*
- *Resolving Conflicts*

***Week 7: Violence Prevention***

- *Avoiding and Preventing Violence*
- *Dealing with Violence*
- *Bullying*
- *Abuse*

***Week 8: Personal Care and Hygiene***

- *Personal Care*
- *Being a Smart Health Consumer*

***Week 9: Skeletal and Muscular Systems***

- *Skeletal System*
- *Muscular System*
- *Fitness Test*

***Week 10: Fitness***

- *Benefits of Physical Activity*
- *Endurance, Strength, and Flexibility*
- *Setting Fitness Goals*
- *Sports Conditioning and Avoiding Injury*

***Week 11: Nutrition***

- *Digestive and Excretory Systems*
- *Importance of Nutrition*
- *Eating Disorders*

***Week 12: Nutrition***

- *Nutrients for Wellness*
- *Following Nutrition Guidelines*
- *Planning Meals and Snacks*

***Week 13: Drugs and Alcohol***

- *Respiratory System*

- *Tobacco*
- *Health Risks of Tobacco*
- *Tobacco's Cost to Society and choosing to be Tobacco Free*

***Week 14: Drugs and Alcohol***

- *Drug Misuse and Abuse*
- *Marijuana and Other illegal Drugs*
- *Narcotics, Stimulants, and Depressants*
- *Hallucinogens and Inhalants*
- *Addiction and how to get help and Staying Drug Free*

***Week 15: Diseases***

- *Circulatory System*
- *Nervous System*
- *Preventing the Spread of Disease*
- *The Body's Defenses Against Infection*

***Week 16: Diseases***

- *Common Communicable Diseases*
- *Causes of Noncommunicable Diseases*
- *Cancer*
- *Heart and Circulatory Problems*
- *Diabetes and Arthritis*
- *Allergies and Asthma*

***Week 17: Human Reproduction***

- *Reproductive System*
- *Sexually Transmitted Diseases*

***Week 18: Human Reproduction***

- *The Beginning of Life*
- *Heredity and Environment*
- *From Childhood to Adolescence*
- *Adulthood and Aging*