



## Health

### Grand Haven High School



**Course Number:**

**Grade Level:** 9-12

**Credits :** 1/2 (.5)

**Prerequisite Courses :** N/a

### Course Description

Health is an 18-week required course (beginning with the class of 2014) which explores what it means to be physically, socially, and mentally healthy. It consists primarily of classroom learning time, and approximately one day a week students will participate in a low-impact activity. Students will learn every day skills to help them to improve their health practices, as well as give them tools to use in real world situations. Finally, the students will learn what it takes to be a critical thinker, decision maker, and consumer in the realm of health and beyond.

### Course Objectives

Units taught throughout Health include:

1. Skills: Accessing information, analyzing influences, goal setting, decision making, interpersonal communication, self-management, and advocacy
2. Social and emotional health
3. Nutrition and physical activity
4. Alcohol, tobacco and other drugs
5. Personal health and wellness
6. If time allows, safety, CPR and First Aid

### Student Expectations

Students should expect to participate fully both mentally and physically, and grow as students and human beings.

They will need a writing utensil, notebook and a folder to contain the handouts that will be used as tools within the curriculum.

Students will work together to form presentations, and will get practice in public speaking. They will write at least two papers throughout the course, and homework will be included with various units.

In addition, students are expected to dress appropriately for physical activity days. Homework is required for Health class.

Finally, all of the expectations covered in the student handbook apply to this course as well. Individual teachers may have added expectations.

#### Building Behavioral Expectations

***TEAM GH ... One Team, One Family, One Grand Haven. Be Kind. Always.***

It is our expectation that ALL GHHS students, staff and parents will ... always give their best **EFFORT** in everything that they do, work hard to be **INCLUSIVE** of each other, show **RESPONSIBILITY** in class, the hallways, cafeteria and at events, and **WORK TOGETHER** at all times!

**GO BUCS**

## **Communication**

Instructor contact information is available on the GHAPS website. Please don't hesitate to call or email if there are any concerns or questions regarding your student(s). Also, please keep in mind that student grades area available online through Synergy.

## **Grading Policy**

Health follows the grading policy of the PE department. Late work is accepted, but only if handed in one day late, and with the consequence of a 50% deduction in grade.

## **Scope and Sequence**

The sequence of standards taught will go accordingly with the course objectives. Depending upon student population make-up and observed learning patterns, time frames may be adjusted.

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