**Health**

**Pleasant Hill High School**

**Syllabus – 2015-16**

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| **Instructor** | Mrs. Christy Riddle |
| **Office Hours** | 12:51-1:34 p.m. M-F1:37-2:20 p.m. M-F |
| **Contact** | School phone: 217-734-2311 ext. 337Cell phone: 217-242-0864 Email: riddle.phhs@gmail.com |
| **Textbooks** | *Essential Health*, by Sanderson, Zelman; Goodheart-Wilcox Co., 2015*Choosing the Best Journey,* by Bruce Cook, 2009.American Red Cross, CPR and First Aid, 2014 |
| **Course Description** | A physical and mental health course that includes wellness, nutrition, diseases, reproduction, first aid & safety, and CPR. Students will learn the American Red Cross technique of CPR and will earn certification upon successful completion of the unit. |
| **Course Objectives** | **IL State Goal 22:** Understand principles of health promotion and the prevention and treatment of illness and injury.**IL State Goal 23:** Understand human body systems and factors that influence growth and development.**IL State Goal 24:** Promote and enhance health and well-being through the use of effective communication and decision-making skills.**National Health Standards:**#1 – Students will comprehend concepts related to health promotion and disease prevention#2 – Students will demonstrate the ability to access valid health information and health –promoting products and services.#3 – Students will demonstrate the ability to practice health enhancing behaviors and reduce health risks.#4 – Students will analyze the influence of culture, media, technology, and other factors on health.#5 – Students will demonstrate the ability to use interpersonal communication skills to enhance health.#6 – Students will demonstrate the ability to use goal- setting and decision- making skills to enhance health.#7 – Students will demonstrate the ability to advocate for personal, family, and community health. |
| **Evaluation** |

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| **Component** | **Percent of Final grade** |
| Homework | 50% |
| Projects | 20% |
| Tests | 30% |

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| **Grading Scale** | A = 93-100%B = 85-92%C = 75-84%D = 65-74%F = 64 and lower |
| **Class Work** | Our health textbook is designed to be used as semester course. However, we are not able to cover the entire book. Chapters we cover are the following:**Unit 1: Introduction to Health and Wellness** Ch. 1 Understanding Health and Wellness (22.B.4 & 22.C.4) Ch. 2 Risk Factors: Behavior, Genes, Environment (23.B.4a)**Unit 2: Nutrition and Food Choices** Ch. 3 Nutrition (23.A.4 & 23.B.4) Ch. 4 Body Weight and Composition (23.A.4 & 23.B.4) Ch. 5 Body Image (23.B.4)**Unit 3: Fitness and Personal Health** Ch. 6 Physical Fitness (22.A.4a) Ch. 7 Sleep (22.A.4a and 22.A.4b) Ch. 8 Personal Hygiene and Basic Healthcare (22.A.4a)**Unit 5: Diseases and Disorders**Ch. 12 Infectious Diseases (23.B.5, 23.C.4, 24.B.4) Ch. 13 STI and HIV/AIDS Ch. 14 Non-communicable Diseases**Unit 7: Social Health and Wellness** Ch. 18 Healthy Family and Peer Relationships Ch. 19 Dealing with Conflict, Violence, and Abuse**Unit 8: The Human Life Cycle** Ch. 20 Reproduction and Pregnancy Ch. 21 Childbirth and Parenting Newborns Ch. 22 Human Development Across the LifespanLessons from ***Choosing the Best Journey*** are the following:**Lesson 1: Setting Goals****Lesson 2: Making the Best Decisions****Lesson 3: Avoiding Pregnancy****Lesson 4: Avoiding STD’s****Lesson 5: Developing the Best Relationships****Lesson 6: Choosing Abstinence Until Marriage****Lesson 7: Overcoming the Pressure****Lesson 8: Being Assertive**We also use the American Red Cross training for CPR, AED and First Aid. (22.A.4c)Also, each year, we do projects on nutrition, diseases and/or STD’s. |