

Health & Wellness



Welcome! I look forward to an amazing semester with you!

Instructor: Mrs. Katina Dahl; kdahl@asd20.org; (719) 484-0091 x 2222

Course Description: Health is a combination of physical, mental/emotional, and social well-being. Individuals make daily choices that affect their overall health, both positive and negative. Personal responsibility is stressed as a primary means of promoting health. This course will include instruction on character development, physical activity, nutrition, mental and emotional health, drug usage, CPR/First Aid training (when available), and injury prevention. Human sexuality will not be included in the course offering.

Resources:

- Text: Pearson Health 2014-used as a resource and source for information for class discussions, assignments, and activities. Power point presentations, handouts, articles on health topics, etc. will also be used, as well as rhetoric discussions on controversial areas within the discipline.

Content Standards:

This course aligns with the TCA Core Values and Beliefs and Charlotte Mason Philosophies stated below:

- We believe that all students should be educated in a way that equips them to be exemplary citizens.
- We value an education that recognizes man as spirit, mind, and body.
- Education is a discipline where children acquire authentic character and freedom by learning healthy habits of spirit, mind, and body formed thoughtfully and responsibly.

Content Outline/Course Objectives:

This course is a comprehensive, skills-based health program. The students are provided a foundation for building lifelong health skills as well as ways to make positive choices regarding their health. The objective of this course is to promote health literacy which will benefit both the student as well as the community.

The learning objectives may include the following areas:

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| <ul style="list-style-type: none">• Mental, Physical, and Emotional Health• Physical Fitness• Nutrition and Food Related Problems• Personal Health• First Aid and Handling Emergencies• Tobacco, Alcohol, and Illegal Drugs | <ul style="list-style-type: none">• Supplementation, Eating Disorders/Fad Diets• Informed Consumer• Stress Management• Communication Skills• Social Wellness-Mind, Body, Spirit• Prevention & Risk Management |
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Assessment: Ongoing formative assessments will take place throughout the semester class using student engagement activities such as brainstorming, concept map, reflection, think-pair-share, turn and talk, class discussions, reading, writing, etc. Student learning will also be assessed using Standards-Based Question Formats on tests and quizzes to measure student comprehension and through projects to assess learning in ways that require a student to manipulate information in flexible and creative ways.

Supply List: Please bring to class each day

Pencils and pens

Colored pencils and/or markers for classroom activities

Binder with lined paper for organization of journals, class notes, and handouts

Class Expectations: Always be prepared, respectful, on task, and safe. Be in your seat and ready to learn with all needed supplies. Be respectful, supportive, kind, and encouraging to your peers, teacher, guest teachers, and property. Always act with integrity in your comments, attitudes, and actions. Focus and be inquisitive while using class time wisely. If you don't understand something, just ask. Be wise, mature, and responsible. It is my goal to have minimal homework and I believe we can accomplish this by focusing on learning while we are in class together.

Academic Integrity:

Students complete their own work.

Students take credit for their work only.

Students cite sources correctly and give credit when using borrowed information and ideas.

Students treat the work of others with respect.

Students do their personal best every day and strive to improve.

Students refrain from distracting behaviors.

Students maintain their focus on academics.

Cell Phones: All personal electronics need to be off and kept in backpacks during class and not visible or audible in student's possession unless specific permission is given otherwise. If I ask you to place it in the phone holder, you will need to do so and come in at lunch or end of day to retrieve it.

Homework: Homework is supplemental to class and the goal is for it to be minimal and only assigned when necessary. I prefer to do our learning together in health class.

Journals: We will be starting each class with a journal question, which you will keep in your binders or notebook. We will use these to guide us during class for discussions, activities, interactions, etc.

Grading: Grades will be assigned and calculated using points according to the TCA high school grading scale. Communication with me is key. If something comes up and you need additional support and/or extended time to complete your work, I need you to talk with me personally and individually. I am here to help and work with you to help you be successful.

Questions? Contact Mrs. Dahl at kdahl@asd20.org

Health Class . . . It's for YOU!!!!

**Please always come to me with any concerns
and we can work through it together!**

Health and Wellness Syllabus Agreement and Contact Information

* Please turn this signed agreement back into the instructor

Student Name

Student Signature

Parent/Guardian Name

Parent/Guardian Signature

Parent/Guardian Parent Email

Parent/Guardian Phone Number