

P.S. 035 Manhattan High School
Syllabus for Health
Teacher: Ellisheva Gerdes
Year 2020-2021

Learning Standards

Standard 1 Health and fitness
Standard 2 A Safe and Healthy Environment
Standard 3 Resource Management

Course Description:

This is a half year course and a credit to graduate high school. This course will give the students the knowledge and skills to practice healthy behaviors and reduce their health risks. The teacher will cover six major risk areas faced by teens. This is a skills based course that promotes health literacy.

Course Objectives: The goal is to “promote the healthy growth and development of youth and give them skills for making healthy choices that will affect lifelong behavior patterns and the quality of their lives”(Health Smart Associates, Scotts Valley, California)

Units:

Emotional and Mental Health
Violence and Injury Prevention
Nutrition and Physical Activity
Abstinence, Personal and Sexual Health
HIV/AIDS
Tobacco, Alcohol and other Drug Prevention

Course Materials:

Pen
Laptop/Ipad
Notebook (given in school)

Grading Policy:

All assignments should be submitted on time is you have a problem please let me know.
Assessment 30%
Homework 30%
Project/Presentation 35%
Exit Pass 5%

Expectations:

Please make sure you are on time to class. If you have an excused absence check in with me for homework or on google classroom. You will have a week to return the work. Assignments must be turned in on time. Please communicate with me if you have any questions.

You can contact me via email egerdes@schools.nyc.gov or egerdes@manhattanhs.org. If you need anything, feel free to see me during a free period or let me know when you can do a google meet.