

P.S. 035 Manhattan High School Health Syllabus

Teacher- Ms. George

Course Name- Health PSH11QM

Year and Term- 2018-2019, term 2

Grading Policy-

Participation/Behavior	40%
Class work	30%
Assessments (Tests, quizzes. Projects)	20%
Homework	10%

Course Description- In this class, students will learn to use many skills to help them make healthy decisions, while maintaining or improving their current health status. These skills include self- management, relationship management, stress management, communication, decision making, goal setting and advocacy. Our students will be exposed to a variety of topics. The goal of this course is for students to develop the skills necessary to live healthy, active lives, and to empower students to use the skills they have gained to make informed decisions that will enhance the quality of their personal, family, and community life. Health Education is a state-mandated course that is required for graduation.

Learning Objectives-NYS Health Education Standards:

1. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
3. Students will understand and be able to manage their personal and community resources.

Curriculum Focus:

History of Health/Wellness, Bullying, Mental Health, Drugs-Alcohol-Tobacco, Growth and Development, Human Sexuality, Family/Social Health and Relationships, Body Image/Eating Disorders, Nutrition, Communicable & Chronic Disease, Physical Health-Fitness/Exercise & Activity
Current Health topics such as the opioid epidemic and societal health will be addressed as well.

Attendance policy-students should come to class on a regular basis, however they will be allowed to make up work they have missed within a reasonable period of time. Weekly attendance is calculated into the participation portion of the grading policy.

Classroom Expectations and Requirements- In this class you will work towards accomplishing 3 very important goals-Developing a love for science, passing this class, and preparing you for your future careers and/or college, We have very high expectations for you and know that with hard work, you can succeed in this class. You are required to come to class on time, do all class work and homework assignments, and participate in a positive manner.

Positive Phone Calls- We will select one student a week (from the 4 classes). This person will have followed class rules and completed assignments. These students will receive a positive phone call home and be invited to a pizza party at the end of the month. We will work very hard with you and expect each of you to work just as hard. We look forward to a successful year.