

FAMILY & INDIVIDUAL HEALTH

INSTRUCTOR: MRS. CYNTHIA CRABLE

About me:

I am a University of Central Missouri Graduate. I received my B.A. in Family and Consumer Science Education. I grew up in the St. Louis area and attended Fort Zumwalt North High School. I recently got married in June 2014. We are very close with our family and love spending time with our 4 nieces and 2 nephews. I am available for any academic help before or after school, please contact me to schedule.

Class Description: This course will focus on the importance of family wellness. Students will experience health skills, such as decision-making, goal setting, building self-esteem, communication skills, refusal skills and conflict resolution. Topics will include personal health, mental and emotional health, relationships and sexuality, violence prevention, consumer and community health issues and safety and first aid.

Prerequisite: Freshman Standing

Class Rationale: Today, the emphasis is on having and maintaining a healthy body. In Family and Individual Health, students will develop detailed knowledge and skills essential to promote health and wellness, analyze how decisions effect health and wellness, and understand their role in the consumer for health

Class objectives: The students will be able to understand

- The basic principles of physical, social and mental health
- The structure, function, and the dysfunction of the body's system
- The basic concepts of health promotion, disease, safety, prevention and emergency situations
- And demonstrate the concept of making healthy decisions
- Set goals for personal health and fitness concepts

Course Outline:

- I. Physical, social, and mental health
 - a. Physical Fitness
 - i. Exercise
 - ii. Nutrition
 - b. Social Fitness
 - i. Positive decision making
 - 1. Drugs
 - 2. Sexual activity
 - ii. Communication skills
 - c. Mental Fitness
 - i. Stress management
 - ii. Self-esteem
- II. The body system
 - a. Structure
 - b. Muscles
 - c. Bones
- III. Health Promotion
 - a. Disease safety
 - b. Emergencies
- IV. Healthy Decisions
 - a. Relationships
 - b. Dating violence
 - c. Sexually transmitted disease
- V. Goals for personal health and fitness
 - a. Setting goals
 - b. Making healthy choices

****The order of the content may vary due to accessibility to rooms and equipment****

Classroom Mission Statement

The mission of my Family and Consumer Science class is every student will be given the equal chance to learn in a safe environment. My classroom will also be a safe place to explore ideas and make mistakes.

My Classroom Rules

1. Be respectful of each other, the staff and of property (others' property and school property)
2. Be in your assigned seat when the bell rings
3. Be on time to class and ready to learn.
4. Stay on task and always give your best at everything.
5. Turn in assignments on time.
6. Be honest at all times.
7. No electronics (cell phones, ipod, etc.)
8. No horseplay
9. No throwing of anything across or around the classroom.
10. Treat others with respect

Attendance & Tardies:

Attendance will be taken in the first 5 minutes of class as district policy. Any students not in their seats at the bell will be considered tardy. District requires teachers to electronically mark students tardy on attendance. Students will be told when they are marked tardy; it is the student's responsibility to keep track of their own tardies.

Absent Work:

Students are expected to be responsible for getting any work they missed while they were absent. Students are only able to make up work for days which they received excused absences. Students will have 1 school day to turn in their missed work. After the 1 day, work will be deducted 10% each additional day missing which allows students 10 days to still receive some credit.

Late Work:

Students are responsible for turning in their work on time. For each day that the work is late, 10% will be deducted from the original score. After 10 days of the original due date, work will not be accepted and will result in a 0.

Grades:

All grades will be turned in the last day of the quarter and last day of the semester. Students must have all their work submitted by these deadlines or the 0's will stand in the missing assignments. Students should keep all graded papers until they check online to make sure their grades have been entered correctly. Grades are an accumulation over the entire semester.

Please contact me with any concerns or comments on the parent portal or my email.

ccrable@fz.k12.mo.us