

South Lancaster Academy
Health Education

Instructor: Mr. Ban

Text: Total Health

Objectives:

The Health Education Program will prepare the student to:

1. Live healthfully
2. Make healthy choices
3. Develop an understanding of our SDA Health Message
4. Understand and deal with modern health problems

Requirements:

1. Read text.
2. Participate in class discussion.
3. Critique periodicals – one every other week.
4. Write research paper.
5. Design and complete project.
6. Complete worksheet assignments.

Grading Policy:

Grades will be based on student's performance of:

1. Tests
2. Quizzes
3. Periodical Critiques
4. Research Paper
5. Project
6. Class Participation
7. Worksheet Assignments

All work will be due at the beginning of class.

The grading scale is as follows:

100.0 – 92.50	A	86.49 – 82.50	B	76.49 – 72.50	C	66.99 – 63.00	D
92.49 – 89.50	A-	82.49 – 79.50	B-	72.49 – 69.50	C-	62.49 – 59.50	D-
89.49 – 86.50	B+	79.49 – 76.50	C+	69.49 – 66.50	D+	59.49 – 0.00	F

Method of Presentation:

Presentation will be class lecture and class discussion. Students are expected to have completed the assigned reading and be prepared to contribute to the class each week.

Classroom Discipline:

Discipline Policy:

1. Talking out of turn or not following the class rules can prove to be hazardous to your standing in the class.
 - a. 1st offense – a warning
 - b. 2nd offense – loss of 10 points
 - c. 3rd offense – Step 1 of school 9-12 Discipline Plan

** Severe Clause – Action will be taken directly to Administration. Step 3 of 9-12 School Discipline Plan. **

Points will be lost daily for:

Late to class	10 points	
Unexcused Absence	0 points	(work may not be made up)
Horseplay/Talking	5 points	
Eating in class	10 points	(Will be given a yellow ticket)
Chewing gum	10 points	(Will be given a yellow ticket)

** Quizzes and tests may only be made up with a verification of an excused absence.

** Periodical critiques will not be accepted late.

** Unexcused late work will not be accepted.

** Assigned work will not be accepted late.

**All work is due at the beginning of class.

South Lancaster Academy
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Course Syllabus

<u>Date</u>	<u>Chapter Assignment</u>
<u>Semester 1</u>	
August 27 – August 31	Course Outline Chapter 1 – Welcome to the Human Body
Sept. 3 - 7	Chapter 1 continued Quiz Assignment
Sept. 10 - 14	Chapter 2 – Eleven Systems: One Body Assignment Periodical Critique
Sept. 17 - 21	Chapter 2 continued Quiz Assignment
Sept. 24 – 28	Chapter 3 - Nutrition Assignment Periodical Critique
Oct. 1 – 5	Chapter 3 continued Quiz Assignment
Oct. 8 -12	Chapter 11 – Risky Business Assignment Periodical Critique
Oct. 15 - 19	Chapter 11 continued Quiz Assignment
Oct. 22 – 26	First Aid & CPR
Oct. 29 – Nov. 2	Chapter 4 - Fitness and Exercise Assignment Periodical Critique

Nov. 5 – 9	Chapter 4 continued Quiz Assignment
Nov. 12 – 16	Chapter 5 – Infectious disease Assignment Periodical Critique
Nov. 19 – 21	Chapter 5 continued Quiz Assignment
Nov. 26 – 30	Chapter 6 – Non-infectious Disease Assignment Periodical Critique
Dec. 3 – 7	Chapter 6 continued Quiz Assignment
Dec. 10 – 14	Chapter 7 – Stress and Anxiety Assignment Periodical Critique
Dec. 17 – 20	Chapter 7 continued Quiz Assignment
Jan. 2 - 4	Chapter 8 – Life Management Assignment Periodical Critique
Jan. 7 - 11	Chapter 8 continued Assignment Review Chapters 1 – 8
Jan. 14 – 18	Review Chapters 1 – 8 Midterm Exam – Chapters 1-8

Second Semester

Jan. 21 - 25	Chapter 9 – Made in His Image Assignment Periodical Critique
Jan 28 – Feb. 1	Chapter 9 continued Quiz Assignment
Feb. 4 – 8	Chapter 9 continued Assignment ** (Assign Research Paper)**
Feb. 11 -15	Chapter 10 – Head to Toes Assignment Periodical Critique
Feb. 18 – 22	Chapter 10 continued Quiz Assignment
Feb. 25 - 29	Chapter 12 – What’s Your Responsibility? Assignment Periodical Critique
March 3 – 7	Chapter 12 continued Quiz Assignment ** Research Paper Due! **
March 17 - 21	Chapter 13 – Maturity: What’s it All About? Assignment Periodical Critique
March 24 - 28	Chapter 13 continued Quiz Assignment
March 31 – April 4	Chapter 14 – Changing Relationships Assignment Periodical Critique
April 7 - 11	Chapter 14 continued Quiz Assignment

April 14 - 18	Chapter 15 – Building Your Spiritual Muscles Assignment Periodical Critique *** Project ***
April 21 - 25	Chapter 15 continued Quiz Assignment
April 28 – May 2	Chapter 16 – Reaching Your Potential Assignment Periodical Critique
May 5 – 9	Chapter 16 continued Quiz Assignment
May 12 – 16	PROJECT PRESENTATIONS
May 19 – 23	PROJECT PRESENTATIONS
May 26 – May 30	PROJECT PRESENTATIONS Review Chapters 9 - 16
June 2 – 6	Final Exam - Chapters 9 - 16