

# Lake Travis High School

## Health Education Syllabus

Instructors: Brandace Boren, Peter Martin, Kyle Spano, & Robert Rayos

**Course Purpose:** This class is to fulfill the local graduation requirement of a ½ credit of health education. Students will gain a foundation of health knowledge and skills from instruction, research, and cooperative learning activities. Throughout this course students will analyze current health information, the 6 components of health (physical, mental, emotional, environmental, social and spiritual), anatomy and physiology of the human body, healthy vs. unhealthy behaviors related to drugs, tobacco, alcohol, nutrition, exercise and relationships.

### Materials needed for this class: (needed everyday)

- ✓ Pen/Pencil
- ✓ Notebook Paper
- ✓ Classroom Textbook (we will have a class set)



### Extra Materials You Can Bring ( not mandatory)

- ✓ Kleenex
- ✓ Markers
- Construction Paper
- Color Pencils

### Grades:

- |                |  |     |
|----------------|--|-----|
| ✓ Daily Grades | Assignments, Quizzes , Homework, Notebook Checks | 50% |
| ✓ Major Grades | Tests, Oral Presentations, Projects & Notebooks  | 50% |

**Late Work:** Late assignments will be allowed when students miss class. They are only allowed as many days as missed to make-up the work. Make-up tests will be allowed, the student must meet with the teacher to set-up a date and time for make-up tests.

### Rules:

- ✓ Follow all school rules and policies
- ✓ No food or drinks in classroom, except for bottled water
- ✓ Come to class with a positive attitude and willingness to learn
- ✓ Keep classroom and personal area neat
- ✓ Follow Dress code of LTISD

### Consequences:

1. Warning – verbal and/or written
2. Student teacher conference
3. Contact parent (phone or email)
4. Written up and/or discipline referral

\*\* Participation is required in this class for the student to be successful. Come to class every day with a great attitude and prepared to learn. I feel like this is one of the most important classes you will take. If you have any questions or concerns please email, call or see me after class so we can talk.

## HEALTH SCOPE & SEQUENCE (FALL 2016)

GRADING PERIOD	UNIT NAME	ESTIMATE TIME FRAME	START	END
<b>1st 9 weeks 8-22 thru 10-21</b>  <b>A- DAY = 21 DAYS</b> <b>B- DAY= 21 DAYS</b>	<b>A Healthy Foundation:</b> Chpt. 1: Living a Healthy Life Chpt. 2: Building Healthy Skills and Character Chpt. 3: Being a Health- Literate Consumer	5 days	Aug 22	Sept 2
	<b>Physical Activity</b> Chpt. 4: Physical Activity for Life Chpt. 5: Nutrition and your Health Chpt 6: Managing Weight and Body Composition	3 DAYS	Sept 6	Sept 12
	<b>SEX ED- PLANNED PARENTHOOD/ AUSTIN LIFEGUARD</b>	3 DAYS - SEPTEMBER	12TH	19TH
	<b>Promoting Safe and Healthy Relationships</b> Chpt. 10: Skills for healthy relationships Chpt. 11: Family relationships Chpt. 12: Peer relationships Chpt. 13: Violence Prevention P.A.P.A. and creating healthy relationships	5 days	Sept 20th	Sept 30th
	<b>Mental and Emotional Health</b> Chpt. 7: Achieving Good Mental Health Chpt. 8: Managing stress and Anxiety Chpt. 9: Mental and Emotional Problems	6 DAYS	Oct 3rd	Oct 21st
<b>2nd 9 weeks 10-24 thru 12-16</b>  <b>A- DAY = 18 DAYS</b> <b>B- DAY= 17 DAYS</b>	<b>Personal Care &amp; Body Systems</b> Chpt. 14: Personal Care and healthy behaviors Chpt. 15: Skeletal, Muscular, and Nervous Systems Chpt. 16: Cardiovascular & Respiratory Systems Chpt. 17: Digestive & Urinary Systems	4 DAYS	Oct 24th	Nov 4
	<b>Growth &amp; Development</b> Chpt. 18: Endocrine & Reproductive Systems Chpt. 19: Prenatal Development & Birth Chpt. 20: Adolescence & the Life Cycle Chpt. 25 Sexually Transmitted Infections & HIV/ AIDS Choosing the Best Journey	4 DAYS	Nov 7	Nov 18
	<b>Tobacco, Alcohol &amp; Other Drugs</b> Chpt. 21 Tobacco Chpt. 22: Alcohol Chpt. 23: Medicines and Drugs	5 DAYS	Nov 28	Dec 9
	<b>Diseases &amp; Disorders</b> Chpt. 24: Communicable Disease Chpt. 26: Noncommunicable Disease	3 DAYS	Dec 12	Dec 16