

Health Education Syllabus

Course Description

The Health Education Course is designed to enhance the awareness and knowledge of healthy lifestyle choices. The six adolescent risk behaviors (tobacco use, dietary patterns that contribute to disease, sedentary lifestyles, sexual behaviors, alcohol and drug use, and behaviors that result in intentional and unintentional injury) will be addressed while advocating for the students to make healthy choices for their overall health.

Health Education Alabama State Objectives

1. Analyze technology for its influence on consumer health and health care.
2. Describe ways to advocate for a healthy environment.
3. Describe global environmental issues.
4. Identify personal, financial, and legal responsibilities of parenthood.
5. Identify common causes of disability and premature death.
6. Demonstrate CPR and automated external defibrillator (AED) techniques and other first aid skills.
7. Recognize personal responsibility for lifelong health.
8. Identify symptoms, methods of treatment, and management of mental health disorders, depression, and stress.
9. Describe significant life events that impact mental and emotional health.
10. Analyze social and cultural messages about food and eating for their influence on nutrition choices.
11. Describe prevention and management strategies for acute and chronic health conditions.
12. Explain prevention methods for communicable diseases and infections.
13. Explain the progression of HIV infection to AIDS.
14. Interpret federal, state, and local laws as they relate to the purchase, sale, use, and possession of alcohol, tobacco, and other drugs.
15. Identify effects on health and behavior regarding the use of chemical substances, including prescription drugs, over-the-counter drugs, illegal drugs, alcohol, and tobacco.
16. Explain physiological effects of chemical substances on health and behavior.

Units of Instruction

Unit 1: A Healthy Foundation

Unit 3: Mental and Emotional Health

Unit 7: Tobacco, Alcohol, and Other Drugs

Unit 9: Injury Prevention and Environmental Health

Unit 2: Physical Activity and Nutrition

Unit 6: Growth and Development

Unit 8: Disease and Disorders

Course Evaluation and Assessment

Students are expected to participate in class activities. Grades breakdown for Report Cards

- 60% Tests, Projects
- 20% Participation, in- class activities/homework
- 20% Quizzes

Class Materials

- Glencoe Health Book
- A 3 ring binder with loose leaf paper, with sectional dividers
- A Pen or Pencil
- Spiral Notebook (Health Journal)

Class Information

- If you are absent, make up assignments are due at the start of the next class period.
- It is your responsibility to find out what you missed the next day you are in school.
- Electronic devices-Student Handbook
- Leaving Class-Emergency only
- Binder grade -will be given each quarter. All papers, tests, and handouts should be put into your binder into the appropriate sections.

Class Rules

- 1. Be on time.**
- 2. Be respectful (Classmates, Teachers, Visitors, Yourself)**
- 3. Give your best/improve daily.**
- 4. Enjoy being a student at McGill-Toolen. Privilege not a right.**
- 5. Follow the Student Handbook. The Rules of McGill apply in this classroom.**

Teacher Contact Information

Marco Valenzuela

Email- valenzm@mcgill-toolen.org

Student Name : Please print _____

Parent/Guardian Signature

I have read and understand the course description and expectations for Health

Student Signature _____

Parent Signature _____