

Southgate Anderson
15475 Leroy
Southgate, MI 48195
734 246-4611

Course Name: Living Well/Health
Course Number: 1676
Course Credit: .5
School Year: 2008/09
Instructor: Rachael Cannon and Amanda Bias

Course Description: Health habits that are basic to everyday living and the total well being of the individual will be taught. Units of study included are; disease prevention, nutrition, growth and development, emotional and mental health, substance use and abuse, safety and first aid. Success in this class fulfills the on-line learning requirement under the MME curriculum.

Course Objectives: High school health education provides the basis for continued methods of developing knowledge, concepts, skills, behaviors, and attitudes related to student health and wellbeing. Students are provided with the opportunities to explore the effect of health behaviors on an individual's quality of life. This course assists students in understanding that health is a lifetime commitment by analyzing individual risk factors and health decisions that promote health and prevent disease. A variety of instructional strategies, including technology, are used to further develop health literacy.

Student Competencies: Michigan Department of Education Standards 1-8.

Required Text: **Provided by instructor:** Glencoe Health & Wellness

References & Other Resources: Not Applicable

Course Advisory Committee: Rachael Cannon, Amanda Bias, Tonya Malecki, Kathy Carey, Rosann Roloff, Larry Miele, Karen Close, Jennifer Armstrong.

Class Assignments: Assignments may vary with the individual students' abilities. Various on-line projects including; creating an on-line public service announcement, creating a website and creating advertisements/posters.

Final Exam: The final exam will be 20% of the student's grade. It is an on-line multiple choice and matching assessment.

Class Policies: Along with the Southgate Anderson High School Student Code of Conduct, the students will have the following classroom policies.

- Disruptions will not be tolerated. There will be times to listen, times to talk and times to read on this class. I need you to know the difference between these times. This class can be a lot of fun, but cooperation is needed at all times.
- Students will show respect for their fellow classmates and their instructor. During the trimester, we will routinely discuss our personal values and give opinions on a variety of important subjects. "Put-downs" will not be tolerated! There are many ways to disagree with someone without criticism.
- This class is different from other classes you have taken. Personal responsibility is stressed.
- We all have different attitudes about school. Some love school, others view it as a waste of time, and other just try to get by. I ask that you view this class differently-begin this class with a positive attitude. Everyday, I want you to give me your best effort and full attention.
- You will be given time in class to complete all assignments. It is rare that I assign homework. It is up to you to complete assigned work in class, if you do not, it is your responsibility to finish at home.

- You are strongly encouraged to participate in class. This class will only be as interesting as you, the student, make it. Everyone's opinion counts in here!
- Hallway passes are viewed as a privilege. If you abuse this privilege, it will be taken away. You must have your planner with you to receive a pass.
- I expect all students to adhere to all of the school policies including dress code, phones, I-pods, etc. You will be sent to the office if you are in violation of dress code. Your phone/I-pod will be given to an administrator if I see you using it.
- Tardy policy is strictly enforced.
- If you are absent it is your responsibility to check the calendar and get what you missed. If you need to make up a quiz, you must arrange a time with me. I will not keep track of this for you.
- There will be no food in this classroom

Evaluation & Grading: Grades are updated frequently on PowerTeacher. Students are encouraged to monitor this for any errors, which may occur.

Trimester grade includes; daily journaling, quizzes, unit tests, on-line projects, and other various assignments.

The final grade will consist of the Trimester grade worth 80% and final exam worth 20%. *You may opt to take your final exam even if you are exempt in an attempt to improve your grade. Final exam grade will not be used if it lowers your final grade.*

All work is graded on appoint system and then converted into a percentage grade. Southgate Schools uses the following percentage grading scale:

100	A+	84-80	B-	69-67	D+
99-95	A	79-77	C+	66-65	D
94-90	A-	76-75	C	64-60	D-
89-87	B+	74-70	C-	59 and below	E
86-85	B				

Course Outline: Units covered:

I. Mental and Emotional Health

A. Developing a Healthy Mind 4.1, 4.6, 4.7, 4.8, 4.9, 4.13

- B. Expressing Emotions and Managing Stress 4.5, 4.9, 4.10, 4.11, 4.12, 4.13
 - C. Dealing with Depression 4.2, 4.3, 4.4
 - D. Dealing with Loss and Grief 4.3
- II. Nutrition
- A. Choosing Healthful Foods 1.2, 1.3, 1.4, 1.11, 1.12
 - B. Following Dietary Guidelines 1.2, 1.3
 - C. Using Diet to Guard Against Disease 1.5, 1.6, 1.7, 1.8
 - D. Developing Healthful Eating Habits 1.3, 1.10
 - E. Maintaining a Healthful Weight 1.8, 1.9
- III. Personal Health and Physical Activity
- A. Getting adequate Rest and Sleep 5.3, 5.10
 - B. Participating in Physical Activity 1.13, 1.5, 1.8
 - C. Practicing Fitness 1.8, 1.9, 1.10
 - D. Exercising Safely 1.14, 1.13
- IV. Alcohol Tobacco and Other Drugs
- A. Using Prescription and OTC Drugs Safely 2.1, 2.2
 - B. Choosing an Alcohol-Free Lifestyle 2.5, 2.6, 2.7
 - C. Choosing a Tobacco-Free Lifestyle 2.5, 2.6, 2.7
 - D. Avoiding Illegal Drug Use 2.6, 2.7, 2.8
 - E. Avoiding Drug Dependence 2.6, 2.10, 2.11
 - F. Reducing the Risk By Being Drug Free 2.7, 2.8
 - G. Assessing Treatment Options 2.3, 2.4, 2.9
- V. Growth and Development
- A. Keeping Your Body Healthy 5.2, 5.3, 5.6, 5.7, 5.8
 - B. Learning About the Reproductive Systems 7.1
- VI. Communicable and Chronic Diseases
- A. Avoiding Communicable Diseases 5.1, 5.5, 5.6
 - B. Reducing the Risk of STD's and HIV 5.1, 5.5, 5.4, 5.6, 6.1, 6.2, 6.3, 6.4
 - C. Reducing the Risk of Cancer 5.8, 5.7, 5.11
- VII. Injury Prevention and Personal Safety
- A. Performing Common First Aid 5.12
 - B. Performing Emergency First Aid Procedures 5.12
 - C. Reducing the Risk of Violence 3.1, 3.2, 3.7, 3.8
 - D. Respecting Authority and Obeying Laws 3.11, 3.12, 3.14
 - E. Protecting Yourself form Physical Violence 3.3, 3.5, 3.6, 3.13
 - F. Protecting Yourself From Sexual Violence 3.3, 3.5, 3.6, 3.7, 3.10, 3.9

Articulation Agreements: Not Applicable