**Huntland High School**

**Instructors: Kermit Reed**

**Course Description**

*Course Title: LIFETIME WELLNESS*

Course Description: Health explores the mental, physical and social aspects of life and how each contributes to total health – substance abuse prevention, disease prevention, environmental health, family life education, health careers, consumer health and community health. This course is required for graduation and is one semester in length.

Prerequisite: None

Course Essential Questions:

1. Explain how nutrition is a part of your life.
2. What are some major stressors and how would you cope with them?
3. What different ways and situations can first aid be useful?
4. What are the characteristics of a person with mental health?
5. How vital is self- esteem to your overall health?
6. What is the difference between communicable and non-communicable disease? Give examples of each.
7. Explain Human Reproduction.***Lifetime Wellness Syllabus***
8. What are the hazardous effects of using alcohol, tobacco & drugs?
9. How as individuals can you improve your eating habits?

Text: Glencoe Health

Materials Needed

Paper

Blue or Black ink pen or #2 Lead Pencil

Objectives

Students will know the importance of good decision making.

This class will stress the dangers of using tobacco, alcohol, and illegal drugs

Students will learn basic first aid and safety.

Students will learn how to make good nutritional choices.

Classroom Procedures

1. Treat the teacher and fellow students with the respect that they deserve.
2. Must be seated when the tardy bell rings.
3. The teachers will dismiss you not the bell.
4. Your agenda is your pass out of class. No agenda no pass.
5. You must remain quiet for announcements.
6. Franklin County Board of Education and Huntland High School’s student handbook rules and regulations will be enforced at all times.
7. Raise your hand and wait for the teacher to acknowledge you before talking in class.
8. Assignments are due on time, late assignments will be penalized.
9. Attend to all personal business before coming to class. (Restroom, water, phone calls etc…)
10. No food, drinks, or gum in class.
11. No cell phones, iPods, cd players, or any other electronic device in class.
12. No hats at any time.
13. Must have tennis shoes to participate in PE.

Units of Study

Healthy Foundations

Mental and Emotional Health

Healthy And Safe Relationships

Nutrition And Physical Activity

Personal Care and Body Systems

Growth And Development

Drugs, alcohol, and Tobacco

Diseases And Disorders

Safety And Environmental Health

**Grading**

|  |  |
| --- | --- |
| Tests/Quizzes | 40% |
| Participation | 30% |
| Daily Work | 30% |
|  |  |

We will be reading lessons in the text and writing a summary, checking for understanding of material covered..

“I understand the course requirements and expectations outlined in the course syllabus. I also understand that I may contact my teacher at Franklin Co. High with any questions or concerns I may have.”

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 Student Name Printed Student Signature

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 Parent/Parents Signature Parent/ Parents Signature

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 Date

Contact Numbers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Home Cell

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_