



Health Syllabus



Mrs. Kivador

COURSE DESCRIPTION:

- This course is required of all ninth grade students. It emphasizes the dimensions of human health and development: physical, emotional, and social. The interrelationships of these three areas are examined through the study of such topics as nutrition, physical fitness, AIDS, drug abuse, mental health and related areas. The course also focuses on the study of the different systems of the body, first aid, and safety.

OBJECTIVES:

- Identification of preventive behaviors and risky behaviors that affect level of wellness in all areas of health.
- Understanding and applying the steps for responsible decision-making.

AREAS OF FOCUS:

- 5 dimensions of health, our body systems, nutrition, diseases, drugs, healthy relationships, stress, depression, suicide, dangerous decisions, conflict resolution, bullying/empathy/self-esteem, sex education and character development.

ACTIVITIES:

- Individual work, group work, tests, quizzes, games, & hands on projects
- Guest speakers

CLASS PREPARATION:

- Charged iPad
- Pencil
- Folder

GRADING POLICY:

- School district grading policy is used. Grade is determined by summation of points from tests, quizzes, classwork, homework, and projects.

ATTENDANCE:

- Student is responsible for inquiring and submitting work that may be missed due to an absence.
- Unexcused or unlawful absences will result in a zero on assignments for that day.

BRAVE CLASSROOM EXPECTATIONS:

1. **Be Safe**
 - Listen to staff
 - Maintain personal space
2. **Respect Others**
 - Be on time
 - Be polite
 - Use appropriate language and tone
3. **Accountable**
 - Be prepared
 - Be honest

- Do your own work
- Use electronic devices only when permitted
- 4. Victorious
 - Do your best work
 - Celebrate academic success
- 5. Enthusiastic
 - Have a positive attitude
 - Take ownership of learning

ACADEMIC INTEGRITY: HEALTH EDUCATION

- Take pride in your work
- Use technology as directed by your teacher
- Manage your time for success
- Do not assume assignment has no value
- Do not copy work from another student
- Do not share assessment information with other students
- Own your responsibilities during all group activities

TEACHER CONTACT INFORMATION:

- Email: kkivador@efsd.net
- Phone: 412-896-2349 ext. 7831
- Remind: will set up in class for students to receive alerts.

Student Name Printed: _____

Student Signature: _____

Parent/Guardian Name: _____

Parent(s)/Guardian Signature _____

Phone: _____

Email: _____