

# Syllabus for Health Education

Mrs. Brannan ([amy.brannan@d300.org](mailto:amy.brannan@d300.org))

P.E. Office (847) 532-6168

Office Hours: Periods 3, and 8 as well as before and after school

**WEBSITE FOR HEALTH:** <http://www.brannanhealthandpe.weebly.com>

**ONLINE TEXTBOOK:** [www.pearsonsuccessnet.com](http://www.pearsonsuccessnet.com)

## COURSE OBJECTIVES:

- To learn and clarify concepts presented in Health Education
- To apply the concepts of Health Education to promote lifelong health

## MATERIALS:

Textbook: Prentice Hall Health

Notebook: **Three-ring binder is required.** Most notes are supplied and three-hole punched.

**Loose-leaf paper**

**Pen or pencil and highlighter**

## OVERVIEW:

- Introduction to health, making healthy decisions, self-awareness, managing stress, understanding mental disorders and suicide.
- Students will study balanced nutrition and the signs and symptoms of eating disorders
- Students will study the human body, best health practices in relation to infectious and noninfectious diseases including AIDS, STDs, and cancer.
- Students will increase awareness of the impact of drugs, including alcohol and tobacco.
- Students will learn basic principles of human sexuality and reproduction.

## COURSE ACTIVITIES:

- Cooperative learning and group work
- Lecture notes and classroom discussion
- Research and poster presentations
- Bi-weekly blog responses to current health topics
- Videos pertaining to units that are being taught
- Typed TELL-CON summaries of health-related articles

*\*\* Any guest speakers are used to further discuss topics relating to the course and are meant to bring reality into the classroom. If for any reason you are uncomfortable with any of the speakers and/or videos, please let me know and other arrangements can be made.*

## GRADING:

- Homework - 35% (see attached homework overview/objectives handout for details)
- Tests/quizzes - 35%
- Participation - 15%
- Final - 15%

## CLASS RULES:

- Be on time
- **NO** iPods/MP3 players unless approved
- Cell phones are put away (off and out of sight)
- Be Respectful, Responsible and Ready

Please detach and return to Mrs. Brannan by Friday, Jan 10, 2014

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I \_\_\_\_\_ (print student name) understand the policies and procedures put forth in this syllabus for Health Education

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent signature