

Bullitt Central High School

1330 Highway 44 East Shepherdsville, KY 40165

(502)869-6000

Fax (502)543-1797

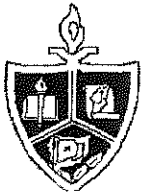
HEALTH EDUCATION
Mrs. Porter
SCHOOL YEAR 2016-2017
ONE CREDIT

Course Description: Every individual is required to make decisions regarding health issues that affect their immediate and long-term health. Maintaining a healthy way of life requires a balance of physical, mental, emotional, and social well-being. This health education course provides students with the knowledge and skills necessary to confront health-related issues. Some of the necessary skills include decision making, goal setting, self-assessment, communication, and self-management. Health education is an essential component of a total education program and an integral part of a student's growth, development, and transition into adulthood. Students will learn how to minimize health risks by maintaining a healthy lifestyle.

Course Goal: To prepare students to develop, experience, and adopt behaviors they will need for a lifetime of healthy and active living; and to provide students with a range of knowledge and skills that will enable them to understand the importance of a healthy lifestyle.

Student Objectives:

1. The students will learn and understand how the functioning of body systems are interrelated, as well as the process of human growth and development.
2. The students will develop and use strategies for evaluating products and services, and evaluate influences of advertising on consumer choices.
3. The students will develop sound nutritional practices and evaluate individual wellness.
4. The students will learn and understand safety prevention, first-aid procedures, and equipment used for common injuries, and explain procedures for handling various emergency situations.
5. The students will learn and understand disease transmission, prevention, and control as well as evaluate personal health practices.
6. The students will determine sources of stress and identify stress-related illnesses and analyze and use stress management strategies.
7. The students will learn and understand conflict resolution and violence prevention strategies and adopt success-building strategies.
8. The students will learn and understand mental and emotional illnesses.
9. The students will learn and understand physical, emotional and substance abuse and determine strategies for prevention.
10. The students will learn and understand health standards and regulations, as well as identify ways to protect the environment.
11. The students will recommend and justify effective self-management and coping strategies (e.g., setting realistic goals, time, task and stress management, decision making, learning style preference, perseverance) for maintaining mental and emotional health.



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Course Requirements: In order for the student to be successful in this course, he/she must meet the following expectations.

1. Complete all required assignments.
2. Compile notebook of class notes.
3. Complete open-response questions.
4. Complete all projects.
5. Take all tests, quizzes, and semester test.
6. If you are absent, please see Mrs. Wimsatt when you return for make-up work instructions

Classroom Expectations:

1. Bring to class each day:
 - A. Pencil/Pen
 - B. Notebook
 - C. Chromebook
2. Respect the rights and feelings of all students and teachers.
3. Arrive to class on time.
4. Participate in all activities.
5. A health book will be used for daily assignments and all books must stay in classroom.
6. Stay in your assigned seat, unless otherwise instructed by teacher.

Criteria included for evaluation and determination of grade:

1. Tests100 pts.
2. Quizzes.....pts. vary
3. Daily assignments.....pts. vary
4. Open-response.....pts. vary
5. Notebook.....pts. vary
6. Projects.....50-100 pts
7. Final Exam.....100 pts. (20 % of final grade)

The eighteen weeks average will be calculated by total points earned divided by total points possible.

Contact Information:

Please feel free to contact me with any questions or concerns by contacting the front office at 502-869-6000, or by e-mail: stephanie.porter@bullitt.kyschools.us. I will make every effort to reply within 24 hours.

The faculty and administration reserve the right to change the class syllabus as deemed necessary.



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Detach this sheet signed and returned to Mrs. Porter by August 15, 2016

Student Name: _____

Student Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Parent Contact Phone/Email: _____