

Health Course Syllabus

Visual and Performing Arts High School at the Legacy High School Complex
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Overview

Health is a course designed for students to gain an awareness of various health issues and topics such as, tobacco, alcohol, and other drugs' use and abuse, exercise and nutrition, mental and emotional health, and personal care and family life education. In addition, the course will provide students the knowledge and skills necessary to make wise decisions and choices regarding their health..

Mastery

All assignments are given a due date. Homework and daily classwork must be turned in when notebooks are checked (usually bi-weekly) in order to receive credit. Students are allowed to repeat projects and laboratories for full credit as long as the assignment was turned in by the initial due date. Assignments are re-evaluated w/ original criteria. The instructor will periodically make updated summaries of all course assignments available (on the website, mradolfo.com) to those who wish resubmit assignments for full credit. If a student is absent when notebooks are turned in (generally on Fridays), the student must submit their notebook the following Friday.

Absences and Tardiness

Absences equate to gaps in one's course work. Since legitimate absences do occur, it is expected that the student will make-up any missed work. If a student is absent on the day that notebooks are collected (usually every other Friday), then the notebook will be collected the following Friday. Excessive absences may lead to academic failure.

Tardiness disrupts the whole class and will count directly against your class participation grade. If you are late, slip in quietly. Excessive tardiness will lead to a parent conference.

How Grades are Computed

Final Letter Grades will be based on a percentage of total points available at the end of the Semester.

A:	90% and above
B:	80% and above
C:	70% and above
D:	60% and above
F:	below 60%

Points for Individual Assignments

Bi-weekly Notebook Check:	50 Points
Quizzes	50 Points
Projects:	100 Points
Final Examinations	200 Points

Required Materials

Spiral Bound Notebook

All assignments (except projects, quizzes, and exams) will be completed in a bound spiral notebook. Notebooks will be collected for grading approximately every two weeks.

Topics Covered (subject to change):

1. What is Health?

Objectives:

- 1) Compare the major causes of death for teens and of other age groups.
- 2) List the 5 components of Health.
 - What is the difference between Health and Wellness
 - Introduction to Health (5 components of Health: mental, social, physical, emotional, and spiritual)
 - Health statistics/facts in the United States, and other countries (Status of ethnic, racial groups, relevant to major diseases such as, cancer, diabetes, heart disease)
 - Major causes of death for teenagers compared with those of other age groups in the U.S.

2. Nutrition and Physical Activity

Objectives:

- 1) Summarize why eating a healthy breakfast is important.
- 2) Describe how obesity is linked to poor health.
- 3) Discuss the relationship between body image and eating disorders.
- 4) State the benefits of being fit.
- 5) Describe 3 ways to avoid sports injuries.
- 6) Describe how lifestyle can lead to diseases.
- 7) State 2 actions you can take now to lower your risk for developing a lifestyle disease later in life.
 - Eating disorders
 - Different types of nutrients (minerals, carbohydrates, proteins)
 - Types of foods to consume
 - Types of food to avoid or reduce consumption of
 - Obesity and its dangers
 - Benefits of exercise
 - Types of exercise (aerobic and nonaerobic)
 - Dangers of a sedentary lifestyle
 - Examples of diseases/disorders: diabetes, cancer, coronary heart disease, osteoporosis, emphysema, and a number of others
 - Awareness/Prevention for minimizing the risk of acquiring diseases

3. Growth, Development, and Sexual Health

Objectives:

- 1) Puberty
- 2) Describe how HIV infects the body's immune system
- 3) Identify 3 ways that HIV is spread.
- 4) State how a teen can know if he or she is at risk for HIV infection.
 - Definition of HIV I AIDS
 - Transmission of HIV, and other sexually transmitted infections such as, chlamydia, herpes, mononucleosis, syphilis, gonorrhea, etc.
 - Symptoms of sexually transmitted infections
 - Benefits of abstinence

4. Injury Prevention and Safety*

5. Alcohol, Tobacco, and Other Drugs

- 1) Summarize the long-term health risks associated with tobacco use.
- 2) List 5 ways illegal drug use can be dangerous.
- 3) Describe the long-term damage that alcohol does to the organs of the body.
- 4) Identify the warning signs of alcoholism.
 - Dangers of use/abuse of alcoholic beverages, smoking, and illegal drugs
 - Examples of illegal/street drugs: marijuana, ecstasy, heroin, cocaine, crystal meth, crack, lsd, pep
 - Controversy of legalizing marijuana (Pros and Cons)
 - Diseases caused by smoking
 - Short-term effects of tobacco use
 - Long-term effects of tobacco use
 - Diseases caused by abuse of alcoholic beverages

6. Mental, Emotional, and Social Health*

7. Personal and Community Health*

*Will be covered if time allows