

Course Syllabus

Course: Health Science I

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Course Description:

The 10th grade level is a time of many changes and decisions. Health Science Course is designed to help students learn about their changing bodies, to help them sort out emotions and personal values, to aid them in maintaining optimum health as a lifelong process, and to show students how to take responsibility for making healthy decisions.

Course Requirements:

The following is a list of materials that each student will need to bring to class each day:

- The assigned printing of all handouts and daily assignments
- Health folder to keep all handouts and daily assignments
- Notebook to record lecture notes and assignments
- Writing utensil (Pen, whiteout, and colored markers)

Class Resources:

All class resources will be posted on the class website:

<http://sarinapro.weebly.com/>

Classroom Policies and Responsibilities:

- Speak English at all times!
- Take an active role in the learning process and stay on task during all work times
- Follow directions the first time
- Bring all required materials to class
- No food or drink allowed in the classroom (water is acceptable)
- Respect property, fellow students, guests and the teacher
- No put-downs (mean, rude, or inappropriate comments)
- No talking during class when someone else is talking, or disrupting class
- No switching seats
- No working on other work during Health Science class!
- **Late assignments will not be accepted unless students have prior approval from the teacher.** It is very important to use class time wisely to insure success in the classroom.

- **No headphones /cell phones/laptop allowed in class** (unless required by the teacher)

Entering the class procedures

- Be in the room, put your cellphones in Ms. Sarina's cellphone box and be seated at your assigned table on time
- Have your required materials ready for class
- Begin work on the activity that is on the board or screen
- Quietly work on this activity until I signal for your attention

Attendance and Tardy Policy:

A student's failure to be in class and/or to arrive on time will negatively affect their academic performance. It is on this basis that the Mahidol University International Demonstration School has created and will maintain the following policy:

- If you are in the classroom and seated before the bell rings, you are **ON TIME**
- If you enter the room after the bell rings or wander around the classroom 10 seconds after the bell rings, you are tardy and will lose one behavior point.
- When you are tardy, enter the room silently, write your name and reason for being late, attach the excused note if you have one, and then leave it on my desk in order to get attendance for the day.
- An unexcused tardy of more than 10 minutes will be considered an **unexcused absence**.
- **5 unexcused tardiness** of 10 minutes or less will equal **one unexcused absence**.

Policy on Cheating:

If a student is caught plagiarizing or cheating on homework assignments or tests, the student will receive a grade of zero (0). **No retest or make-up assignment will be given.** Please refer to this website <https://owl.english.purdue.edu/owl/resource/560/01/> for further information on citation and reference in **APA format**.

Make-up Work:

- Make-up work is the responsibility of the student
- **Any test or quiz not made up within 2 weeks will result in a grade of zero.**
- If you have an **unexcused absence or a skip** on the day of a test or homework is due, you will receive a grade of zero (0) and you will **NOT** be allowed to make it up.

Grading Policy:

- Attendance, Participation, Attitude 10%
- Quizzes & Exit cards 15%
- In-class Assignments & Activities 25%
- Homework & Digital notebook 15%
- Performance Tasks 35%

Letter Grade	Percentage
A	90% and above
B+	85-89%
B	80-84%
C+	75-79%
C	70-74%
D+	65-69%
D	60-64%
F	60% and above

Consequences for Classroom Rule Violations

If you violate a rule, you may be assigned a consequence. Depending on the frequency and severity of the misbehavior, you may receive one or more of the following consequences:

- Loss of point: There are 10 Health Science classes a quarter; each class is worth 1% of your grade (10% attendance, participation, and attitude). Every student is given 3 points each class (3 warnings = 1% deduction).
- Change in seat assignment
- Detention
- Parental contact
- Office referral

If you break a rule that is covered by the Code of Conduct in your student handbook (uniform violation, possession of illegal substances, etc.), I must refer the situation to the office for the administrator to make decision on parent contacts and other matters. This is part of my job, and not my decision. If you violate a Code of Conduct rule, it will be handled out of class.

Course Outline:

Unit #1 Personal Health (5 weeks: September 1 – October 3)

- Understanding health and wellness
- Personal hygiene, taking care of your body
- Regular health examination
- Getting adequate sleep

Unit #2 Nutrition (5 weeks: October 6 – November 7)

- Essential nutrients for health
- Evaluating food labels
- Dietary Guideline, MyPlate

- Developing healthful eating habits

Unit #3 Growth, Development, and Sexual Health (4 weeks: November 10 – December 5)

- Basic anatomy and physiology of male and female reproductive system
- Recognize habits that protect reproductive health
- Conception, pregnancy, and childbirth

Unit #4 Non-communicable and Chronic Diseases (5 weeks: December 8 – January 23)

- Non-communicable diseases
- Recognize ways to manage asthma and allergy
- Choosing behaviors to reduce the risk of diabetes, cancer, and heart disease

Unit #5 Tobacco, Alcohol, and Drug (5 weeks: January 26 – February 27)

- Medicines and Drugs
- Tobacco and your health
- Alcohol and your health
- Illegal Drugs and your health

Unit #6 Violence Prevention (5 weeks: March 2 – April 3)

- Understanding violence
- Anger management
- Conflict resolution
- Dealing with bullying and teasing
- First-aid procedure training

Unit #7 Mental and Emotional Health (9 weeks: April 20 – June 26)

- Developing good character and improving self-esteem
- Personality characteristics that promote good health
- Interact in a way that create positive socio-emotional environment

Please print, read, understand, and sign this document to indicate that the students and parents have discussed the rules and expectations for successful completion of the required Health Science I class. Have the student put this document in the Health Science binder for submission.

(Parent/Guardian Signature)

(Student Signature)