



# Grand Haven High School

## Health

**Course Number:**

**Grade Level:** 9-12

**Credits :** .5

**Prerequisite Courses :** n/a

### Course Description

This is a one semester ( $\frac{1}{2}$  credit) course that will focus on the different facets of health, including the physical, emotional, mental, social and environmental aspects. We will learn about how each of these components affects us personally, and how it impacts our overall health and well-being.

### Course Objectives/Scope and Sequence

#### Unit 1: Seven Health Skills for Life

This will encompass basic life skills including accessing information, analyzing influences, goal setting, decision making, interpersonal communication, self management, and advocacy. One of the main goals of this course is to ensure that you are a critical thinker and consumer once you venture out into the “real world.”

#### Unit 2: Nutrition and Physical Fitness

We will study what nutrients our bodies need, how to read a food label, how to maintain a healthy weight, healthy food choices as well as foods we should limit. We will learn about various ways to become physically active, and how to recognize and overcome barriers that may be preventing you in being more active in your life.

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#### Unit 3: Social, Emotional and Mental Health

We will discuss how important our emotional connection with other people is in maintaining a healthy life. We will examine characteristics of healthy familial relationships, friendship, and romantic relationships; how to effectively relieve stress, recognize signs of depression, anxiety

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### Building Behavioral Expectations

***T.E.A.M. GH ... One Team, One Family, One Grand Haven. Be Kind. Always.***

It is our expectation that ALL GHHS students, staff and parents will ... always give their best **EFFORT** in everything that they do, work hard to be **INCLUSIVE** of each other, show **RESPONSIBILITY** in class, the hallways, cafeteria and at events, and **WORK TOGETHER** at all times!

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and various mental illnesses, as well as ways to cope with or improve our social, emotional, and mental well-being.

### Unit 4: Reproductive Health and Healthy Relationships

We will learn how to recognize the signs of abusive relationships, healthy romantic relationships, how to communicate with others in terms of your personal boundaries. Our curriculum is abstinence based- which means we will always recognize that abstinence is the safest (and only) way to avoid STIs, unplanned pregnancy, and all the complications that go with choices concerning sex.

In addition to the awareness of the emotional impact of sexual activity, we will learn about the physical aspects concerning sex. We will study the male and female anatomy, the reproductive system, STIs, birth control options, and tools to practice communication concerning these sometimes awkward topics. Finally, we will learn how to recognize dangerous situations, how to avoid them, and effectively and assertively communicate your personal expectations.

### Unit 5: Drugs and Alcohol/Addiction

We will learn how alcohol, tobacco, and various drugs affect us physically, socially, emotionally, and even financially. You will be able to recognize signs of addiction, and learn where to seek help.

You will also learn how to practice refusal skills, and tactics to avoid being in a dangerous situation. In this unit we will also talk about vaping and the information we know about the short and long term effects.

**Hands Only CPR-** required by the state of Michigan before graduation.

### If Time Allows:

Personal Health and Wellness: Creating a Plan for Life

Safety (texting and driving, sun safety, etc).

### Student Expectations

You will need a folder, a notebook for note taking and to respond and reflect in(journal style), your Chromebook, a writing utensil, and occasionally (only if time allows) you will need to “dress” for physical activity days that may include things like an outside hour leisurely walk or yoga. You will be expected to dress appropriately and participate in those days, as well as our classroom days.

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I follow the school handbook, and also want you to feel very comfortable in this classroom. That means:

1. **Respect yourself and others.** Due to the nature of Health, much of what we are covering is personal in nature. ALWAYS discuss topics with respect and common sense. Be thoughtful and kind.
2. Come to class prepared to work- bring your materials and have something ready to write with.
3. I enforce the school's tardy policy.
4. ONE person talks, others listen.
5. At NO time should anyone's head be down on their desk during class. This is not the place to sleep.
6. CELL PHONE POLICY, AND BACKPACK POLICY WILL BE SUPPORTED IN OUR CLASSROOM.
7. Respect the materials and space you use, and put things back where you found them.

## Communication

You may email me anytime you have questions, and we will also have a Google Classroom site for our class.

My email address is: [desmitk@ghaps.org](mailto:desmitk@ghaps.org)

My planning hour is: 5th hour - I am also willing to meet before school if you need any additional help. :)

Please don't hesitate to reach out to me if you have any problems, etc- I can't help you if you don't ask. If you email me, I will get back to you within 24 hours.

## Grading Policy

It is expected that you finish homework assignments with care and on time.

Late work is accepted, but only if your absence is excused, and it will be graded with a 50% deduction.

YOU are responsible for your make up work, so please check with me after you return from an **excused** absence, and remember that Google Classroom is a resource to consult as well. If you are absent, you have two days for every excused day to get your work in.

Your grade is divided into two categories- which are equally weighted: process and product.

Process grades- are anything we do IN class, including homework assignments.

Product grades- are tests, presentations, projects.

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