

Edna Karr High School
Comprehensive Health Education: Syllabus
Coach D.A. Blackman, Instructor
Room 201

Course Description: Comprehensive Health Education is a one semester course designed to meet the educational needs of the student in the areas of mental health, human development, nutrition, diseases and disorders, human anatomy and physiology of the body systems, and other health-related topics and issues. Credit – ½ unit.

Course Objectives:

- To enable students to identify and understand the development of mental, physical, and social growth.
- To develop the skills that are necessary for one to achieve and maintain health and wellness.
- To learn the steps necessary that lead to optimum health and to make healthy decisions throughout one's lifetime.
- To learn a basic understanding of the human body , how it functions, and how to keep it healthy.

Text, Materials, Resources:

- Health and Wellness, MeeksHeit, Glencoe and McGraw-Hill.
- Health, Prentice Hall, Pruitt, Allegrante, Prothrow-Stith.
- Teen Health I, Bronson Merki, Glencoe and McGraw Hill.
- Health, Holt, Rhinehart and Winston..
- Teacher-made study sheets/guides.
- Technology- audio-visuals, charts.
- Guest speakers.
- Student notebooks, pencils, pens.

Course Outline:

- Health Responsibility.
- Developing Good Character.
- Human Body Systems.
- Nutrition and Food .
- Rest and Sleep.
- Personal Appearance / Hygiene.
- Prescription and OTC Drugs.
- Mental / Social Health.
- Endocrine System / Puberty.
- Human Reproductive Systems.
- Pregnancy and Childbirth.
- Communicable Diseases
- STD Infections./ HIV /AIDS
- Alcohol and Tobacco.
- Dangers of Drug Abuse.
- Violence Prevention

Edna Karr High School
Physical Education I : Course Syllabus
Coach D.A. Blackman, Instructor

Course Description: Physical Education I is a one semester course designed to meet the physical, social, and emotional needs of the students and to teach the importance of participation in various physical activities to achieve and maintain lifetime wellness. Students will become physically educated through various units that assess cognitive, affective, and psychomotor skills with an emphasis on cardiovascular, muscular, social and wellness development. Credit – ½ unit.

Course Objectives:

- To enable students to identify and understand the development of mental, physical, and social growth.
- To develop the skills that are necessary for one to achieve and maintain health and wellness.
- To learn and practice activities that strengthen the basic body systems and develop a knowledge of history, social impact, and practices of those sports and activities., including sportsmanship and strategy.
- To enable students to develop a personal lifetime fitness plan..

Text, Materials, Resources:

- Health and Wellness, MeeksHeit, Glencoe and McGraw-Hill
- Teen Health I, Bronson Merki, Glencoe and McGraw Hill
- School-mandated activity uniforms
- Teacher-made study sheets/guides.
- Technology- audio-visuals, charts
- Guest speakers
- Student notebooks, pencils, pen.

Course Outline:

- Conditioning and Fitness Development
- Modified Team Sports
- Individual and Dual Sports/Activities
- Physical Fitness Assessment
- Rhythms and Dance
- Recreational Games
- Sports History and Development
- Intramurals Competition
- Co-ed Activities
- Lifetime Sports/ Cooperatives

Grading: All students begin each quarter with an **A (100)** average. Points will be deducted daily from a student's grade for the following offenses:

- Unexcused absence (-5)
- Unpreparedness / No gym uniform / Notebook (-5)
- No participation (-5)
- Tardiness (-2)
- Cutting (-10)
- Disruptive behavior (-5)

The remaining points will be averaged and account for **50%** of the final grade. Tests will be given at the conclusion of each unit and will count for **25%** of the final grade. The quarterly exam will also be worth **25%** of the quarter grade earned.

Grading Scale		
• A	100-90	4.00-3.75
• B	89-80	3.50-3.00
• C	79-70	2.99-2.00
• D	69-65	1.99-1.00
• F	64-00	.99- .00

Students should bring an excuse note from the parent when absent. They will be given an opportunity to makeup work missed, including tests, provided it is done within the teacher's guidelines. It is the student's responsibility to ask for the makeup assignments.

Otherwise, the student's grade points will be deducted accordingly. Students reporting to class with no written excuse after the first 10 minutes will be considered absent.

Behavior: Students are expected to follow the appropriate behavior necessary for learning. Extreme negative behavior will be handled accordingly as dictated by school policy.

Teaching format: Students are required to dress in gym uniforms for activity participation. Locker rooms are provided for both girls and boys separately. The class is to report to the teacher for assembly, attendance, and instructions for the day. Students who are chronic in not dressing out will be counseled by the teacher, reported to the parent, and possibly suspended from school if behavior continues. Teaching stations will be assigned to enhance the mastery of basic activity skills. Students will be given time to re-dress and prepare for their next class. Shower facilities are available and students are encouraged to use them before leaving.