

Welcome To: Health Education 2019-2020

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Classrooms: R105
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Text Book: Lifetime Health : 2004 Holt, Rinehart and Winston

Course Overview:

This course is required for graduation and is designed to develop the students' knowledge and understanding of what it means to be healthy and how to maintain and improve their overall health. Students will learn to develop positive attitudes towards being healthy by becoming problem solvers and identifying with the six components of health which will lead to wellness. It is by learning and understanding about emotional, physical, mental, spiritual, environmental and social wellness that students will be able to make the right choices in their lives. The focus is maintaining a balance between these components. My hope is that after taking this class, students will be able to make informed decisions about their health now and in the future.

Classroom Expectations:

1. DO YOUR BEST...Give an HONEST EFFORT every day!
2. DO WHAT'S RIGHT...Follow the established School & Classroom rules.
3. TREAT OTHERS WITH THE SAME RESPECT THAT YOU WOULD WANT TO BE TREATED....Enough Said.

Late Work Policy:

Work that is late will lose 50% of its value. Late work will not be accepted after the end of the established grading period.

Make-up Policy:

Make-up work will be allowed for excused and verified personal-excused absences only. The student will be allowed to make up the work for full credit and is due in a timely manner. For example, if the student is absent two days, they get two days to make up the work. After that the late work policy is followed. Work missed for suspension will be given at the instructor's discretion (Board Policy). Make-up work will not be given for unexcused absences or trancies.

Examination/Make up Policy:

Quizzes/Tests will be given throughout each unit and at the conclusion of each chapter or unit. You can make up any quiz/test that you miss but not during class time. Quiz/test must be made up within three school days of your absence. This means before school, break, or lunch.

Grading Policy:

Grades will be determined from the following categories:

1. Class work, Participation, Class Activities
2. Tests & Quizzes
3. Projects & Presentations
4. Homework

Grading:

Grading is conducted on a “points” basis. Each assignment/exam will be worth a given point value. Students will achieve a grade percentage based on the number of points attained, and will be assigned a grade based on the scale below.

Grading Scale:

Students will be graded on the following scale:

- A = 90% - 100%
- B = 80% - 89%
- C = 70% - 79%
- D = 60% - 69%
- F = Below 60%

**HEALTH EDUCATION CURRICULUM
MURRIETA MESA HIGH SCHOOL**

THE FOLLOWING TOPICS WIL BE COVERED THROUGHOUT THE SEMESTER

TOPIC

2008 HECS Reference

Leading a Healthy Life
Skills for a Healthy Life

Personal and Community Health (PCH)

Self-Esteem and Mental Health
Managing Stress and Coping with Loss
Preventing Violence and Abuse

Mental, Emotional, & Social Health (MESH)

Physical Fitness and Life
Nutrition for Life Activity
Weight Management and Eating Behaviors

Nutrition & Physical (NPA)

Understanding Drugs and Medicines
Alcohol
Tobacco
Illegal Drugs

Alcohol, Tobacco, and Other Drugs (ATOD)

Preventing Infectious Diseases
Lifestyle Diseases
Other Diseases and Disabilities

Personal and Community Health (PCH)

Adolescence and Adulthood
Marriage, Parenthood, and Families

Growth and Development Sexual Health (GDSH)

Reproduction, Pregnancy, and Development
Building Responsible Relationships
Risks of Adolescent Sexual Activity
HIV and AIDS
Safety / First Aid

Growth and Development Sexual Health (GDSH)
Personal & Community Health (PCH)
Injury Prevention and Safety (INJ)

Careers in the Health Field/Guest Speakers