

Welcome to US Health! This class meets during **Epsilon**. This is a Fall course and there may or may not be a cumulative test at the end of the semester. However you will have a final project. We will watch several documentaries on the various topics and you would be expected to make relevant notes.

This Fall semester, we will cover a 5 SPECIAL topics that meets the National Health Standards criteria for High School:

- 1) **Nutrition and Exercise – Aug. 23rd – Sept. 22nd**
 - We will do an overview of Nutrition and Exercise
 - We will do an overview on the human body and study how being unhealthy can destroy various organs. (We will watch a documentary)
 - We will design an exercise and nutritional plan to practice and write a paper about the importance of nutrition and keeping you body healthy.
 - There will be a test on nutrition and exercise at the end of the unit.

- 2) **Emotional and Mental Health – Sept. 25 – Oct. 21st**
 - We will start this unit by understanding stress and how to cope with it. - You will be keeping a “stress journal” in order to learn how to identify the stressors in your life and what you can do to cope with those stressors.
 - We will then learn about a few major mental health disorders: Anxiety Disorders, Depression, Bipolar Disorder and Schizophrenia. We will study the causes, symptoms and treatments.
 - We will prepare a presentation in groups on Emotional and Mental Health. You will also be given a quiz at the end of this unit.

- 3) **Diseases and Prevention – Oct. 23rd – Nov. 21st**
 - We will study viruses, bacteria and parasites and how they cause disease.
 - We will also learn how and if you can cure them or prevent them. We will study cancer and genetic diseases and what happens in your body and cells to cause these.
 - You will research a particular disease and make a presentation for the class. You will have a test on diseases, treatment, and preventions at the end of this unit.

- 4) **Substance Abuse – Nov. 27th – Dec. 22nd**
 - In this unit, we will study how drugs affect the brain on a chemical level and how/if they cause addiction and/or death.
 - We will watch four videos of “Drugs Inc.” from National Geographic that will explain, in detail, how drugs are made, how they can destroy lives, and what the government is doing to stop the drug trade.
 - You will choose one drug that you want to research and create a power point explaining all aspects of it.

- At the end of the unit, you will have a test on the drug's affects on the brain and how they cause death.

5) **Sexual Health – Jan. 3rd – Jan. 19th**

- We will identify and learn about the male and female reproductive systems. We will learn how a baby is formed while studying the menstrual cycle. We will focus on hormones during this section.

- We will study various forms of prevention, remembering that abstinence is the only way to insure no pregnancy will happen.

- We will study Sexually Transmitted Disease and their treatments (if any) and preventions.

- We will look into healthy choices and how to have a respectful and safe relationship. You will have a test on all of this at the end of the unit.

This course will be computer, power point, project and documentary intensive. We will watch several videos where the student will be expected to make relevant notes on the respective subject matter. Students will be asked to design and prepare several projects that will reflect relevant research and understanding. We will have access to the laptops as often as we can, however students are expected to have access to a computer at home to complete relevant work and assignments.

Expectations

We expect you to:

- Contribute to the 'Core Covenant.'
- Do your homework **every day** and if you have trouble with it, ask Mr. Berment for help.
- Have a health **NOTE BOOK!** It will be part of your grade!
- Come to class **on time** every day and be ready to do your work immediately and follow directions.
- **Take proper notes** everyday and complete class work.
- **ASK QUESTIONS!**
- Let Mr. Berment know if there is anything you need that can help you succeed in class.
- **Listen** to others
- **Raise** your hand
- Treat the teacher, others and materials the way you would like to be treated.
- **VERY IMPORTANT:** Have respect for the teacher always. If you have a problem with something or an issue that will interrupt the class setting, ask to address the issue privately and not in front of the entire class.
- **BANDWAGONISM** – This will not be tolerated!

Materials

- A binder. Your class and homework will consist of reading and worksheets that we will provide. It may also include you watching specific documentaries and making notes on them. You need something to keep them all together. Everything you need to keep will have a three-hole punch in it. If not, please make sure you do it.
- A writing Utensil
- A notebook or loose-leaf paper.

Grades

Notebook, Participation and in-class work: 25%

Projects and written assignments: 25%

Quizzes/Tests: 25%

Homework: 25%

Homework Policy

The point of daily homework is to advance a student's learning through independent practice and/or exploration. Homework and class work are often intertwined and homework provides the catalyst for a day's lesson. We will therefore not accept late homework; students who turn incomplete homework on the day it is due will receive credit; students who fail to turn in homework on the day it is due will not receive any credit for that daily assignment. Of course, we will grant exceptions to this policy for illness, significant family events or anything else equally worthy or exception.

Tardiness Policy:

If a student is late, without a valid excuse as determined by the teacher, to an individual class more than 3 times in a quarter, on the 4th time, he/she will automatically lose 5% from his/her quarter grade. If a student is then late another 3 times, on the 8th time, he/she will lose another 5%.

Long Term Projects

Because we take seriously our responsibility to teach students how to manage their time and plan for a long term project, we take a different approach with anything that requires more than one or two days to complete. Students who complete a long term project on time are eligible to receive full credit; students who hand in a long term project on day late can receive no better than a B, and students who turn in a long term project two days later can receive no better than a C. At the end of the two day period, students are eligible to partial credit.

Health Content and Field Trip Consent

During this course we will discuss various topics including drug abuse and the effects of drugs and we will also watch content on sexual education and the reproductive system.

During the Drug unit students watch episodes on methamphetamine, heroin, cocaine, and marijuana from the National Geographic Channel’s “Drug Inc.” series. The show can, at times, be very real and hard to watch. The students may leave at any time. If you would not like your student to partake in this portion of the health class, please indicate that below in the notes section.

During the human sexuality unit we will teach that abstinence ensures that a woman will not become pregnant, and that both men and women stay safe from sexually transmitted infections. We will introduce students to contraceptive options including condoms and discuss HIV/AIDS. If you would like your students to be excused for this portion of the course, please indicate that in the notes below. If you have any questions or would like to preview the curriculum, please contact me.

I give my child permission to partake in field trips related to the Upper School Health Education class.

Parent/Student acknowledgement of syllabus details, understanding and policies.

Please sign and return this page.

Student Signature: _____ Date: _____

Caregiver Signature: _____ Date: _____

Caregiver email: _____

Notes: _____

