

Jefferson High School
Health Education Syllabus
Instructor: Coach Knight
Work Phone: (706) 367-2881
Email: tknight@jeffcityschools.org

Course Objectives:

The purpose of this course is to give every student the opportunity to learn and practice informed decision making in matters of personal health. Keep in mind, this is a required course for graduation. If you fail either the health or personal fitness part of this course you must take BOTH parts again.

Textbook: *Health: A Guide to Wellness*, Glencoe/McGraw Hill

Students are required to bring their book to every class!

Topics Covered

| | |
|---------------------------------------|-----------------------|
| Nutrition | Chapters 5&6 |
| Mental Health and Stress | Chapters 8&9 |
| Growth and Development | Chapters 16,19,21 |
| Alcohol, Tobacco, and Drugs | Chapters 24,24, &27 |
| ADAP | GSP Handbook |
| Infectious and Noninfectious Diseases | |
| Sexually Transmitted Diseases | Chapters 28,29,30,&31 |
| First Aid and Safety | Chapters 14, 34,&35 |

Grading Procedure:

1. Daily Grades----30 %
2. Tests-----45 %
3. Notebook-----10 %
4. Final Exam-----15 %

Materials Needed for Class:

1. (1) 3 tab folder
2. (100) Sheets of loose leaf paper
3. Pen and #2 Pencils for test days
4. Textbook

Make-up Work:

If you have an excused absence you have 5 days after returning to make up all work. It is your responsibility to find out what you missed. If the work is not made up in the 5 days you will receive a zero for that assignment. Work missed because of an unexcused absence cannot be made up.

Classroom Rules:

All JHS rules will be enforced.

If cell phones or head phones are seen they will be taken up!!!!

I want to help you pass this class the 1st time you take it. If you have any questions or start having problems, see me so I can help. Don't wait until the end of the 9 weeks and try to catch up. Do your work and behave in class and the rest will take care of itself.