

Health Education

Mrs. Kristie Meyer

B.S. Athletic Training, Exercise Science, Coaching Concentration

M.S. Ed. Health

All degrees and certifications obtained from SUNY Cortland.

Course Description:

Code: J440 1st Semester, ½ Credit

J440 2nd Semester, ½ Credit

Prerequisite: None

Areas of Study:

- Consumer health
- Disease Prevention
- Personality Development
- Drug Awareness/Prevention
- Mental Health
- AIDS Education
- Alcohol Education
- Nutrition and Exercise
- Stress Management
- Tobacco Education
- Decision Making
- Environmental Health
- Safety
- Human Growth and Development

NOTE: This course is State mandated and the credit is necessary for graduation.

This curriculum empowers the students with knowledge and skills needed to examine and make health-related decisions. Knowledge in the areas of environmental, social, physical and medical sciences assist students in making responsible and informed decisions regarding healthy behaviors.

Assessment: A department final exam based on the content, concepts and themes in this curriculum.

For a complete review of the NYS Health Standards see:

<http://emsc33.nysed.gov/guides/health/part11.pdf>, pp. 6-11

For the complete NYS core curriculum for Health, see:

<http://emsc33.nysed.gov/guides/health/part11.pdf>, pp. 21-30

Textbook and/or Other Resources:

Bronson & Merki, Glencoe Health (textbook will remain in classroom)

Internet Websites

Newspapers

Magazines

Classroom Expectations and Procedures:

1. Be on time.
2. Be prepared with a writing utensil, paper, and Health class folder.
3. No cell phones. They will be collected at first site or sound.

4. Students are responsible for all assignments and handouts. **If absent**, it is your responsibility to make up the work in 5 school days in order to receive full credit for the assignment. There will be a “Student Self-Responsibility” station set up in Room 304 for you to find out what you have missed. The worksheets will be located there and a calendar of what was done each day will be there as well.
5. Students will respect others’ differences and opinions. Topics in this class are often very serious. What may seem meaningless to one person may be very personal to another person. Everyone will feel comfortable in this class. **DISRESPECT WILL NOT BE TOLERATED.**
6. Everyone will have the opportunity to learn, have fun and succeed in this course. It is up to you to take advantage of these opportunities.

Required Materials for Class

1. Writing utensil.
2. Folder.
3. Paper for notes.

Grading procedures:

TOTAL POINT SYSTEMS: How many points you receive out of the total points allotted.

Points are earned from

1. Exams and quizzes – taken directly from class notes, assignments, and classroom discussion.
2. Classroom projects and assignments.
3. Independent projects and assignments
4. Attendance
5. Notebook checks – Please make sure that you have a folder for this class. It is important to keep an adequate amount of paper in your folder for taking class notes.
6. **No credit will be given for late work, no exceptions.** If it is not done when collected, then it is late. If handed in late, you will receive an L in the grade book. If it is not handed in at all, you will receive a 0 in the grade book. You are not eligible for extra credit if you have any 0’s.
7. Extra Credit will be available to those who have completed all assignments. Ideas include:
 - a. Presentation of current event articles
 - b. Bringing in something about health to discuss or hang up in the classroom.
 - c. New ideas for health class
 - d. Healthy behavioral contracts (taking on a healthy behavior or quitting an unhealthy behavior)
 - e. Research a health topic of your choice.
8. There is a cumulative Final Exam which will count as 1/5 of your overall average.
9. Final average is calculated by the 2 marking period averages x 2 + Final Exam divided by 5.

Teacher Contact Information:

School Phone: 298-5100

Email Address: kristie.meyer@wcsdny.org (best way to contact me)

WELCOME TO HEALTH!