**Health**

Mrs. Koch – Room 302

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Course Description

This is a nine week course for 8th grade students. The focus is on issues surrounding the health and wellness of the student. Students will address the knowledge, skills and attitudes associated with being an individual in a healthy lifestyle.

Course Outline

1. Your Total Health (health triangle)
2. Mental and Emotional Health
3. Mental/Emotional Problems
4. Taking Charge of Health
5. Healthy Relationships
6. Reproductive Systems and STDs
7. Tobacco, Alcohol, Vaping and Illegal Drugs
8. CPR Hands-only training
9. Nutrition
10. Physical Activity and Fitness
11. C:\Users\Mariah\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FZE9PA63\MC900441952[1].wmfEating Behaviors

INSTRUCTIONAL PHILOSOPHY AND DELIVERY PLAN:

Instruction will focus on hands-on activities as well as lecture, group discussion, guest speakers, video clips, use of technology, laboratory experience, and other methods. Students will be working both individually and collaborating as part of a small group to complete various assignments. Projects will require students to use academic skills in language arts, math, social sciences, and science.

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Folder

Notebook

Pencil/pen

Computer and Charger

Computer user name and password

Email user name and password

Evaluation

1. Points will be given for all assignments, projects, labs, and tests.
2. Grade will be determined according to the following:

Excellent A 95 – 100% 4.0 GPA

1. 92 – 94%

Good B+ 89 – 91% 3.0 GPA

B 86 – 88%

B- 83 – 85%

Average C+ 80 – 82% 2.0 GPA

C 77 – 79%

C- 74 – 76%

Pass D+ 71 – 73% 1.0 GPA

D 68 – 70%

D- 65 – 67%

Fail F 64% and below .0 GPA

1. Participation will contribute toward points in class activities, discussion, and group work.

Classroom Expectations

Be ***respectful*** and ***responsible*** young adults!

Be to class on time with materials needed to learn. ***Do not be tardy***, or you will be marked tardy.

Every student will complete every assignment. (ICU ☺)

After an absence, it is the student’s responsibility to ask for missed work and to complete their make-up work in a timely manner.

***NO*** food or drink in the classroom. Water Only!

Cell phones must be turned off during class time. If I see it, or hear it, I take it!

**“The difference between ordinary and extraordinary is that little extra.”**