**Winchester High School Health Education Syllabus**

**Instructor:  Mr. Sichting**

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**Objectives:**

* Analyze the cardiovascular system and the importance of fitness.
* Identify the signs and symptoms of tobacco, drug and alcohol use and abuse.
* Recognize how nutrition affects healthy lifestyles.
* Assess their needs and develop a physical fitness plan that incorporates the health and skill related components of fitness.
* Compare healthy lifestyles to unhealthy lifestyles.
* Describe the concepts of fitness and wellness in relationship to overall good health.
* Identifying skeletal, muscular, and nervous systems.

**Grading:**

Points will be earned from various activities including: tests, quizzes, assignments, projects, class participation, attendance, etc.  Students are encouraged to engage in class activities to maximize their chance of earning the highest grade. A student may ask the instructor during appropriate times to see their grade status.

**Textbook and Materials:**

* *Glencoe Health (Textbook)*
* Health Notebook
* Health Folder

**Classroom Procedures and Expectations:**

Students and Instructor will:

* Be prepared for class on time
* Respect the rights of others and building facilities
* Show discipline by engaging in class activities

Tardy

* Students will be marked tardy if they enter class after the bell unless they have a valid pass
* On time refers to being in the class prior to the tardy bell

Make up work

* It is the responsibility of the student to get make up work in a timely manner
* Students will be granted two school days for make up work depending on the task or assignment

Late Policy

* Students will lose 10% for each day late
* Once unit or concept is completed, make up work can no longer be completed unless you miss school on one of the last days of a unit or concept

Cell phone and other personal technology

* Cell phones are not allowed in class. THIS IS A SCHOOL RULE!!!

Consequences

* Large infractions will be dealt with and followed by school policy
* Classroom teacher based on teacher’s discretion will deal with minor infractions
* Students will be given a chance to redirect themselves appropriately
* Teacher will help student redirect
* Students will be referred to Administration

Course Outline: Below is an outline of the Units and Chapters that we will be covering in Health this semester. The list below is subject to change at any time during the semester.

* Unit 1: A Healthy Foundation
* Unit 2: Mental and Emotional Health
* Unit 4: Nutrition and Physical Activity
* Unit 5: Personal Care and Body Systems
* Unit 6: Growth and Development
* Unit 7: Drugs
* Unit 8: Diseases and Disorders
* Unit 9: Safety and Environmental

**Student Signature:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Guardian Signature:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**