

**Health Education**  
**Virginia High School**  
Ms. West  
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**TEXTS AND MATERIALS**

- Glencoe Health Textbook
- Notebook/Binder
- Folder
- Pens (dark ink) or Pencils
- MacBook

**COURSE DESCRIPTION**

Health is a semester course that will guide students through the many dimensions of wellness. Students will develop skills needed in confronting difficult situations, understand health prevention and promotion techniques that will establish a solid personal health education; and become health literate in making positive and healthy decisions.

**CLASSROOM EXPECTATIONS**

Our classroom is a place of learning; you are to conduct yourself in a respectful manner. Profanity, criticizing, or insulting others will not be tolerated. Use manners. Be respectful. Class meetings will consist of power point presentations, video clips, worksheets, class discussions, group work, and computer exploration, which will allow you to make choices that will enhance your health. You are expected to come to class prepared and complete homework so you are prepared for the next class. You are expected to do everything possible to be successful.

**Attendance:** Good attendance is important for success in Health class. Students are expected to come to class prepared and participate in all activities during class everyday.

**Make-Up Work:** The policy on make-up work follows the student handbook. Students will need to pick up their absent work upon returning to school and will have one day for every day missed to turn in for full credit. It is your responsibility to get missed work.

**Making Up Tests/Quizzes:** If you are absent for a test/quiz you will be expected to take it the day you return. You will be expected to arrange a time outside of class to make up/finish a test or quiz if not finished.

**Late Work:** The policy on late work will follow the student handbook.

**Notebooks:** Notebooks will contain class notes, vocabulary, in class activities, etc. Notebooks will be collected randomly for a participation grade.

**Cheating:** Cheating is not acceptable at any time. Students who are caught cheating will receive a zero for the assignment/quiz/test.

## **UNITS OF INSTRUCTION**

Topics will include but are not limited to:

Wellness, Mental Health, Physical Fitness, Stress Management, Weight Control/Eating Disorders, Nutrition, Abuse, Sexual Transmitted Diseases, and Sexual Education.

## **Grading Scale**

The grading scale that will be used in this course is the grading scale that has been established by the Virginia School Board and is published in the student handbook on page 16. There will be no exceptions to this grading scale.

A	96% - 100%	C	78% - 80%
A-	93% - 95%	C-	75% - 77%
B+	90% - 92%	D+	72% - 74%
B	87% - 89%	D	69% - 71%
B-	84% - 86%	F	68% and below
C+	81% - 83%		

## **Grading Components**

40% Tests/Quizzes

40% Daily Assignments/ Projects

20% Participation

## **FINAL**

There will be a cumulative final given during the appointed final exam time at the conclusion of the semester. The final will cover all of the major topics that were covered during the semester. The final exam will be valued at 20% of your semester grade.

## **CLASSROOM RULES**

1. Always be respectful.
2. Be responsible.
3. Be in your seat and ready when the bell rings.
4. Try your best!