

# Health Education Course Syllabus

## Teacher Contact Information

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## Course Description

Course content includes:

Making Healthy Decisions  
Dating/Domestic Violence  
Stress management  
Mental Health  
Nutrition and Fitness  
Alcohol/Tobacco (E-Cigs, Vaping)  
Medicine/Illegal Drug Abuse  
STI's/Contraceptives  
Reproductive Systems  
CPR/First Aid  
Current Health trends

## Course Pre-Requisite(s)

This course is required of all students before graduation. The course is a semester class, covering 2 quarters of the school year.

## Student Learning Objectives/Outcomes

- To expose students to a variety of educational activities and experiences related to Health Education.
- To help students develop a sound understanding of their overall development in order to attain a positive self-worth
- Provide opportunities for students to make proper decisions with regards to their emotional, intellectual, and physical development
- Allow students to experience social relations that will encourage desirable behavior, leadership, and cooperation with others

Standards can be found at: <http://www.shapeamerica.org/standards/health/index.cfm>

## **Required Textbooks and Materials**

Information for this class comes from the Holt Lifetime Health textbook as well as several online resources.

## **Classroom Materials**

**Each day students will need a three ring binder with 10 dividers. Along with their writing utensil, students will be able to complete the daily lessons and activities.**

## **Activities and Assignments**

The following is a tentative guideline of the activities and assignments for each quarter. This is subject to change

### **First Quarter**

We will explore the foundations of Health and Wellness while engaging in meaningful activities that give students the opportunity to practice social and life skills. We will cover making healthy decisions, dating/domestic violence, self-esteem/self-image, stress management, and mental health. Activities include role playing scenarios, group research activities, video discussions, and having outside professional speakers come in to speak with the students on various topics.

### **Second Quarter**

We will be further analyzing nutrition and fitness by completing a 3 day food log and calculating BMI (Body Mass Index). We will further identify items on a prescription label and perform several activities that relate to medicine and illegal drug abuse. While going through our Alcohol/Tobacco/Drug units, students will learn dangers and strategies to refuse alcohol and tobacco. There will be activities that will allow the students to experience the effects of tobacco, alcohol and drugs. Growth and Development will be covered by combination of the teacher, school nurse, and other outside professionals. They will also be trained in CPR/First Aid by two of the schools nurses. Current health trends will be discussed during relevant times and activities will be matched according to the information.

### **Third Quarter**

**Same as 1st quarter  
Fourth Quarter  
Same as 2nd quarter**

**Assignments are weighted as follows:**

Class grades are based on total number of points earned divided by total number of possible points. Percentages are based on the grading system adopted by the Huron Board of Education, please see handbook.

**Academic Policies**

1. Arrive to class on time – be in your assigned seat by the tardy bell.
2. Be prepared for class – bring binder and all necessary learning material to class or loss of preparation points will result – this includes pen/pencil, notebook paper, homework or any other materials needed for class each day.
3. Treat your classmates and teacher with respect. Follow all classroom rules.

Late work; Homework will be accepted after due date for reduced points. Absent work is the student's responsibility to address to the teacher.

**Classroom Policies**

Although Health Education is the name of the class, I personally think of it as more of a life skills class and a great opportunity for the students to be exposed to real life situations. I have also created ways to allow them to practice these real life situations in a safe and controlled environment free from judgement and negative consequence. I have a strong passion for helping young people and helping them make wise choices. Respect is a non-negotiable, and teaching self-accountability is the ultimate goal for the students.