

Name of Course: Health
Instructor: Mrs. Laingen
Course Length: Year

Class Textbook/Materials:

Textbook: Life Skills Health and Life Skills Healthy Sexual Development. American Guidance Services, Inc. Copyright 1999. ISBN 0-7854-1862-8

Many supplemental material are used in addition to the texts.

Required Materials:

All students should come to class prepared everyday. You will need the following:

- a folder to keep all of your assignments in.
- a notebook to take notes from lecture and class discussion.
- your textbook is needed everyday.
- materials such as paper, pen, and pencils.
- completed assignments.

Description of Course:

This course will be an overview, general health course. Topics covered will include how proper exercise and diet affect your health; personal care, stress, drugs, safety, pollution, and reproduction. One semester required for graduation.

Grading procedures:

The school grading scale will be used in this class. There will be individual and adaptive grading based on students' needs. To earn a passing grade and credit the student must earn enough points to meet the Geneseo High School minimum 69% passing average. Classroom points are earned the following ways: homework, daily assignments, quizzes, tests, projects, and class participation. Accommodations will be made based in students Individual Educational Plan(IEP).

Missed Work/Make-up Work:

Students are responsible for seeing me about missed work. If a student knows in advance that he/she will be absent, they should get their work ahead of time. Two days are given for every missed day to complete and turn in make-up work.

Units of Study:

1. Mental and Emotional Health
2. Personal Health and Family Life
3. The Role of Diet in Health
4. Preventing and controlling Disease and Disorders
5. Use and Misuse of Substances
6. Injury Prevention and Safety Promotion
7. Health and Society

Instructional Methods/Activities:

Class discussion, lecture, note taking, daily assignments, quizzes, tests, class participation, projects, guest speakers, group work, and videos.

