This course uses a practical approach (including online sources, news articles) to study the systems of the human body, how they work, and how to keep them healthy.

Required Materials
- Charged Computer & compatible headphones.
- A Health binder for in-class materials.
- A Notebook/pencil for in-class writing.
- A Positive Attitude!

Work Expectations
- Do your own work with honesty & integrity - no matter how busy or stressed out you might be.
- It is expected students meet deadlines for ALL assessments as announced in class.
- If you miss class, you must consult OneNote for what was missed.
- Late will be accepted until the day of the Unit test.

Units of Study

Unit 1: First Aid & CPR
First Aid techniques, emergency scenarios, CPR/AED training.

Unit 2: Drugs, Alcohol & Safe Driving
Abuse, addiction, physical & psychological effects of substance use.

Unit 3: Nutrition
Developing a healthy diet, food labels, and calorie needs.

Unit 4: Exercise
Muscular/skeletal system, creating a safe, effective exercise plan and the benefits of exercise.

Unit 5: Healthy Relationships
Improve emotional health, handling stress, the importance of resiliency, & healthy/unhealthy relationships.

Unit 6: Human Sexuality
Reproductive system, fetal development, & responsible sexual behavior including risks associated.
"What makes a child gifted and talented may not always be good grades in school, but a different way of looking at the world and learning." - Chuck Grassley

**Grading Criteria**

The semester grade is determined on TOTAL points for the semester (assignments, projects, tests, etc.) plus a cumulative Final Exam.

Check Home Access regularly to be aware of your grade, missing assignments, etc.

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**Learning & Behavior Expectations**

- Work as a team and actively participate in class.
- Actively work on having a growth mindset!
- Celebrate diversity, differences, and every human in this classroom.
- Respect EVERYONE’S opportunity to learn, including your own.
- Mistakes are expected, respected, inspected and corrected.
- Practice hard work ethic. Give 100% of whatever you’ve got, every day.
- Come to class prepared!
- Arrive to class on time! You’re missing more than you think.
- Limit use of cell phones to independent work time.
- Do NOT leave the room without asking!
- Disrespectful language will NOT be tolerated!
- Food & drink should never become a distraction.