HEALTH -- COURSE SYLLABUS

Sharpsville High School

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. The objective of the Health class at Sharpsville is to introduce the principles of health through

nutrition, aerobic fitness, and mental, social, and emotional wellness. The course includes discussion

of various topics that affect a person’s physical and mental fitness during his/her lifetime.

**HEALTH EDUCATION GOALS**

Raise awareness of, and inspire a lifelong commitment to, all facets of one's physical,

mental, and emotional health.

Focus on informed decision-making, based on the student's values, and continued

development of critical thinking skills, using accurate information.

Examine and enhance student's self-image and esteem.

Help each student set goals for improving and maximizing his or her health.

Demonstrate the connection of all components of health.

**METHODS AND EXPECTATIONS**

Instructional methods will include lecture and question and answer, class discussion, small

group work, kinesthetic and “hands-on” activities, correspondence with students through their

journals, guest speakers, individual and group health projects, and presentations covering course

material. Audio and visual materials, including DVDs, slides, hand-outs and pictures, appropriate to

the health curriculum, will be utilized.

We have high expectations for both academic achievement and appropriate classroom behavior

for out students. An effective learning environment is created through mutual cooperation and

respect. In that spirit, students are expected to:

Come to class with any required materials and be ready to work.

Complete all assignments on time.

Write or type assignments neatly, using complete sentences and correct grammar,

punctuation, and spelling.

**BEHAVIOR EXPECTATIONS**

Treat the teacher and classmates with respect at all times.

Put-downs, profanity, prejudicial comments, or other types of verbal degradation will

not be tolerated.

Raise your hand when you wish to speak.

Do not interrupt someone else when they're speaking.

Respect our classroom environment. Do not write on desks, chairs, walls, or posted

materials.

**SYLLABUS:**

Here is a list of topics covered:

Nutrition

Exercise & Fitness

Psychoactive Drugs

Alcohol & Tobacco

Stress

Psychological Health

Sexual Orientation & Gender

Relationships & Communication

Pregnancy & Childbirth

Immunity & Infection

STDs & AIDS

Cardiovascular Disease & Cancer

Environmental Health

**REQUIRED MATERIALS**:

Health text (softcover)

Separate spiral notebook with pockets for journal writing, note taking, and handouts

Pen and pencil

**WRITING,**

**HOMEWORK,**

**PROJECTS, EXAMS:**