

# High School Health

*Bellevue High School*

Mr. Ruden  
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**DESCRIPTION** Health is a semester/year course that will guide students through the many dimensions of health and wellness. Students will develop skills needed in confronting difficult situations; understand health precautions and promotions techniques that will establish a solid personal health education; and become health literate in making positive and healthy decisions.

- STANDARDS**
1. Students will comprehend concepts related to health promotions and disease prevention to enhance health.
  2. Students will analyze the influence of family,peers, culture, media, technology and other factors on health behaviors.
  3. Students will demonstrate the ability to access valid information and products and services to enhance health.
  4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.
  5. Students will demonstrate the ability to use decision making skills to enhance health.
  6. Students will demonstrate the ability to use goal setting skills to enhance health.
  7. Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.
  8. Students will demonstrate the ability to advocate for personal, family and community health.

**UNITS** **Unit 1: A Health Foundation (1-8)**

- Living a Healthy Life
- Building Health Skills and Character
- Being a Health Literate Consumer

**Unit 2: Physical Activity and Nutrition (1-8)**

- Physical Activity for Life
- Nutrition and Your Health
- Managing Weight and Body Composition

## **Unit 3: Mental and Emotional Health (1-8)**

- Achieving Good Mental Health
- Managing Stress and Anxiety
- Mental and Emotional Problems

## **Unit 4: Promoting Safe and Healthy Relationships (1-8)**

- Skills for Healthy Relationships
- Family Relationships
- Peer Relationships
- Violence Prevention

## **Unit 5: Personal Care and Body System (1-8)**

- Personal Care and Healthy Behaviors
- Skeletal, Muscular, and Nervous Systems
- Cardiovascular and Respiratory Systems

## **Unit 6: Tobacco, Alcohol, and Other Drugs (1-8)**

- Tobacco
- Alcohol
- Medicines and Drugs

## **Unit 7: Disease and Disorders (1-8)**

- Communicable Diseases
- STD'S/STI'S/HIV/AIDS
- Noncommunicable Diseases and Disabilities

## **Unit 8: Injury Prevention and Environmental Health (1-8)**

- Injury Prevention and Safe Behaviors
- Emergencies
- Environmental Health

## GRADING SCALE **Grading System - Content / Process**

\*Content 70%: Test(s) and Project(s)

\*Process 30%: Homework and Quizzes

A - 100-90

B - 89--80

C - 79-70

D - 69-60

F - 59 and Below

## Class Rules Expectations

1. Students are expected to be respectful of the rights of others. Raise your hand before speaking. Respect all property in this classroom. If it's not yours, LEAVE IT ALONE!
2. Students are expected to follow the school rules and codes. ( See the Bellevue High School Student Handbook for information and school policies.)
3. Students will be in the classroom and in their seats before the bell rings. 3 tardies= a 0 or 9.
4. Attendance is an essential part of learning. Students are responsible for missing work when they return from an absence. It is YOUR responsibility to see me as soon as possible. I will not hunt you down to make sure you have the work you missed that day.
5. If a student misses a test, the test MUST be made up within TWO school days or a 50% deduction will be given.
6. HOMEWORK/PROJECTS are to be completed on the due date or otherwise determined. Students may only obtain 50% credit for assignments/projects turned in late.
7. USE CLASS TIME WISELY!

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