

MONTE VISTA CHRISTIAN SCHOOL
HEXS 1916, Health and Wellness
Course Syllabus

Course Description:

An overview of the human body including: the components of physical fitness, basic anatomy and physiology, and an exploration of how lifestyle choices affect our overall health. Knowledge, tools, and activities needed for leading a healthy life will be reinforced throughout the year. Identification of nutritional needs, as well as designing a safe and effective exercise program, will be included. Factors that will aid in personal wellness as well as those that may hinder wellness will be examined in detail. This course will include a requirement that students participate in daily physical activities outside of the traditional classroom setting during school hours.

Curricular Mapping:

Students will gain an appreciation of how complex and beautiful the human body is. Special attention will be paid to recognizing and avoiding threats to health and wellness with an emphasis on positive decision making and the risks associated with poor choices. The course will also equip students with the tools necessary to make positive lifestyle modifications including sound decisions in the area of personal physical fitness. As a result, students will be able to make educated choices that will: (1) promote healthy living and (2) honor God. This information will provide the student with a solid foundation for further exploration within the life sciences and a firm grasp of factors that will affect future health and wellness.

Course Objectives

Upon successful completion of this course the student will be able to:

1. Describe key factors that contribute to keeping the body healthy.
2. List and describe the five components of fitness and their effect on personal health.
3. Describe mental-health's connection to overall wellness.
4. Identify strategies for managing stress.
5. Identify characteristics of healthy relationships.
6. Understand ways lifestyle decisions and personal behavior can affect health.
7. Identify key concepts in the area of nutrition and healthy eating.
8. Personally experience and describe the benefits of exercise and cardiovascular health.
9. Create an appropriate exercise plan.
10. Identify health problems associated with substance abuse, alcohol, and tobacco use.
11. Demonstrate proper hygiene, and how to prevent infectious disease.
12. Explain why preventive health care is important.

13. Explain differences in male and female development.
14. Develop strategies for making healthy choices.
15. Describe the major functions of the systems of the body.

Text:

Your necessary digital texts for this class will be part of a “Required Course Materials Fee” through the EdTech bookstore. This is a bundle purchase of digital texts for your full schedule of classes and will be available for purchase after 7/18/16. For further instructions please visit the [16-17 School Year](#) icon on the MVCS homepage. Please note: some courses may require additional purchases outside of the course materials fee.

Course Outline:

1.0 Study Skills

Goal Setting

2.0 Components of Fitness

Cardiorespiratory Endurance

Flexibility

Muscular Strength

Muscular Endurance

Body Composition

Muscular System

Creating a Fitness Plan

3.0 Nutrition

Nutrition Labels

Nutrition for Life

Weight Management and Eating Behaviors

4.0 Health and Your Wellness

Leading a Healthy Life

Skills for a Healthy Life

Self-Esteem and Mental Health

5.0 Drugs and Substance Abuse

Understanding Drugs and Medicines

Alcohol & Tobacco

Illegal Drugs

6.0 Diseases and Disorders

Immune System

Preventing Infectious Diseases

Lifestyle Diseases

Other Diseases and Disabilities

7.0 Finances

8.0 Reproductive Health

Male Reproductive System

Female Reproductive System

Reproduction and Pregnancy

Building Responsible Relationships

Risks of Adolescent Sexual Activity

STDs, HIV and AIDS

Pregnancy (topics include health related issues, adoption and abortion)

Flour Baby Project

Grading:

<u>Grade Book Categories</u>		<u>Semester Weighted Grading Configuration</u>	
Homework & Assignments	45%	Quarter	45%
Tests/Quizzes	35%	Quarter	45%
Block Day Labs/Activities	20%	Final Exam	10%

Explanation of Grade Book Categories:

Homework Expectations: Students on average should expect to spend 15 minutes a day excluding large projects.

Late Work: Assignments turned in one day late will be accepted for half credit. Ten percent will be subtracted from the grade for every subsequent day that work is not handed in. Labs/Activities can be made up within one week of absence.

High School Standard Grading Policy:

Please refer to the policy and procedures posted online in our Parent-Student Handbook.

Class Policies:

1. **Planned Absence:** Students are required to notify the instructor about planned absences (school activities, vacation, appointments, etc.) before the day(s) of absence. Students are required to turn in assignments (class work, homework, tests, quizzes, labs) before the first day of absence.

2. **Unplanned Absence:** If you are unable to attend class due to an unplanned absence (illness), it is your responsibility to communicate with the instructor about classwork and homework missed. You are allowed one school day to make up work for every day you are absent. Assignments (class work, homework, tests, quizzes, labs) missed due to an unplanned absence will be made up upon the student's return.
3. **Tardiness:** Students are expected to be in the classroom when the tardy bell rings.
4. **Late Work:** Assignments turned in one day late will be accepted for half credit. Ten percent will be subtracted from the grade for every subsequent day that work is not handed in.
5. **Homework** is to be an individual effort. Any copied work turned in will be given a zero, along with the paper off of which it was copied.
6. **Labs/Activities:** Students will be evaluated on their dress and participation in class activities which may include moderate to vigorous exercise and a variety of hands-on labs. Students may be assigned a P.E. locker and be required to dress out in an approved MVC athletic uniform: shorts need to be appropriate (length and tightness; no spandex) and shirt has to be any MVC shirt (sports, PE, band, choir, class shirt...). P.E. uniforms can be purchased from the business office.
7. **Labs/Activities:** Students are required to dress out for every lab. An alternative activities or modifications will be assigned if needed for injury or health reasons.

School Policies and Expected Student Learning Results (ESLRs):

Students are subject to all academic policies of the school as found in the Parent-Student Handbook. Furthermore, it is each student's responsibility to read and follow all academic policies of Monte Vista Christian School. In addition to addressing each ESLR every year, we target a specific ESLR each academic year for particular focus.

Apps Used for Class: (Please have these downloaded on iPad before class)

1. myHomework Student Planner (free)
2. RedLaser (free)
3. Fooducate (free, search iPhone apps)
4. MyPlate Calorie Tracker LITE (free)
5. Cardio Buddy – Touchless Camera Heart Rate Monitor
6. Azumio (free, search iPhone apps)
7. Additional free apps that relate to relative content may be added

Miscellaneous:

1. You can access your grades on Focus. (Parents – the grade you see in Focus during first two weeks of any quarter might not be indicative of your student’s final grade.)
2. All essays need to be in APA formatted, double-spaced and written in Times New Roman with a size 12 font. Margins should be set at 1” on all sides.
3. Your iPad will need to be present in class every day and should be charged sufficiently to make it through class. The iPad can be used for note taking and will be often utilized for various in class work.