

MONTE VISTA CHRISTIAN SCHOOL
Summer HEXS 1916, Health and Wellness
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 and tools, and activities needed for leading a healthful 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 – Financial book can be purchased through Amazon on Kindle books.

2010. *The Complete Guide to Personal Finance: For Teenagers*. Atlantic Publishing Inc.

ISBN-10: 1601382073

ISBN-13: 978-1601382078

2007. *Holt Lifetime Health*. New York: Holt, Rinehart & Winston. (Classroom copy is available to all summer students)

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
Flour Baby Project

Grading

This course is required for graduation from MVCS. A grade of D or higher is considered passing. The standard MVCS grading scale will apply. Grades will be weighted and determined using the following scale:

<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 Gradebook Categories

Homework Expectations: Students should dedicate the majority of their time to Health and Wellness during the 3 week course.

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 will 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.

