

Health Class Syllabus

Leigh Cambra
Room phone: (831) 624-1821 x2746

LCambra@carmelunified.org

Course Description

The health class will cover the following topic areas based on the high school Health Science standards:

- Nutrition and Physical Activity
- Growth, Development and Sexual Health
- Injury Prevention and Safety
- Alcohol, Tobacco, and Other Drugs
- Mental, Emotional, and Social Health
- Personal and Community Health

The health education content standards include:

Standard 1: Essential Health Concepts

Standard 2: Analyzing Health Influences

Standard 3: Accessing Valid Health Information

Standard 4: Interpersonal Communication

Standard 5: Decision Making

Standard 6: Goal Setting

Standard 7: Practicing Health Enhancing Behaviors

Standard 8: Health Promotion

Within each of these topics are a multitude of issues to discuss, some we will have a chance to discuss while others you may be asked to explore independently. In addition to meeting state mandated requirements for graduation, this course offers students an opportunity to analyze, question, discuss, and reflect upon the complexities of life in the 21st Century.

Speakers

Depending on availability we may hear from speakers from the following organizations. Other speakers may be added:

- Beacon House
- Planned Parenthood
- Compassion Pregnancy Center
- AIM Mental Health
- NCBI (diversity training)
- Carrie LeRoy (attorney)
- Rape Crisis Center
- Monterey County Lifeguards
- NAMI Monterey (mental health)
- Naviance (college and career planning)

Remind 101

Please join the Remind group. Text @healthy4u to 81010

Materials Needed

- Chromebook
- Writing utensils
- A positive attitude

Textbooks

All textbooks will be kept in the classroom. We will be using the following workbooks throughout the semester:

- Reading Essentials for Glencoe Health, *An Interactive Student Textbook*

Course Requirements

Class Participation

This course requires your active participation and involvement. Since much of what is valuable about this course is a result of what is shared in class, part of your grade is based on your contributions as a listener and a communicator. Everyone has thoughts and opinions, push yourself to share yours. The more you speak up the more you will get out of this class. However, if you are someone who likes talking in class, who knows exactly what they think and feel, and has no problem expressing this, be mindful of the amount of airtime you use. Remember, we are establishing a learning community, one in which everyone has an opportunity to share, listen, and learn. Your attendance will influence your participation grade. In order to fully participate you need to be here on time everyday. There is very little homework in this class. I ask that out of respect for everyone in the class that no outside homework is worked on during Health class.

Use of Moodle and Online Health Folder

Most assignments will be posted in your online health folder. You do not need to reshare the document, just go ahead and edit right in your folder. I will also use Moodle for communication of assignments, handouts, website links, and more.

Projects & Presentations, Test & Quizzes

Throughout the semester you will be assigned various individual and group projects. Detailed descriptions of these assignments will be handed out when assigned. There may be periodic tests and quizzes throughout the course of the semester.

Written Work

- **Journal** – Your journal (in your online health folder) is an integral component of this course. In your journal you will respond to journal prompts, take notes, jot down questions, and write down any thoughts, feelings, observations, or insights that may come to you during the class period.
- **Essay Reflections**
You will periodically be assigned reflections on readings, guest speakers, videos, and activities.

Additional Assignments

Additional class assignments such as readings, mini-projects, and quick writes may be given throughout the semester.

Class Assignments

There will be time to complete assignments in class. Use your time well and you will not have much homework. Most assignments will be completed in your online health folder.

Grading

No plusses or minuses are given.

Late Work

You are encouraged to turn in all work although late work will be accepted with a loss of points. If you need an extension on an assignment, you must talk to me about it before it is due.