

Ward Melville High School: Critical Health Issues: 1611
Course Guidelines: Fall semester 2017

Instructor: M. Kost
Email Address: mkost@3villagecsd.org
Phone: 730 – 4988

General Information:

Health education is a required course necessary for graduation in New York State. The Three Village School District prides itself on its health curriculum and believes it to be an important part of a student's school experience. The health curriculum in the Three Village Central School District is the result of a 30 year effort on the part of the department's instructional staff. This dynamically changing program is under constant revision in order to keep abreast of the current relevant concerns of health education and New York State Standards. In our program, students will be made aware of the fact that his/ her own health and wellness is to be valued, appreciated and even celebrated. Furthermore, our students are encouraged to realize that their own health is primarily dependent upon their own decision making process. The assumption of this individual responsibility is enhanced by the building of a positive self concept.

Required Website:

- Google Docs and Moodle: The district's web-based online e learning center. Here I will post-blog questions, homework, projects, internet links and helpful hints for the course.
- Websites: Ted talks, Rudd Center, Center for Disease Control, Teen Health.

Attendance and Conduct Policy:

- Students are required to be in the classroom when the bell rings. Normal school procedures will be followed for those habitually late. Remember three lates equal an absence/cut.
- **Students are required to be respectful and courteous!** No cell phones, iPad or recording devices! You **may not** take out your cell phone unless you have been instructed to do so. Please no recording video or audio unless you have asked the teacher, fellow students and have consent.
- **You** are responsible for the work missed when you are not present in class due to an absence or a music lesson. Check with the teacher if this is a known legal absence, some material **might** be available to be distributed prior to your absence. Email me; I may be able to send you what you missed. Upon your return, check in with me or a fellow students for notes, homework, etc.
- Remember: work missed due to **cutting** will receive a grade of a **zero**- this includes unit tests!
- Remember to watch your absences, it can add up quickly and lead to an LC.

Materials Needed:

- Writing instrument and Highlighter
- Memory stick (To save work when in the computer lab.)
- Folder, notebook, binder-Purchase **what you feel** most comfortable with, you are in high school now, purchase what works for you. You are responsible for taking notes. In addition you must make sure that you are organizing your notes, HW, projects and handouts through- out the semester.

Homework, Assignments, Projects, Quizzes and Tests:

- Assignments/Forums will be posted on the Moodle/Google Docs.
- Moodle will have helpful hints and links to homework and projects.
- **Homework/Assignments/ Projects** are expected to be neat, thoroughly complete, documented and turned in on time. Do NOT cut and paste! Put everything in your own words! Do not share assignments. Only work that is handed in on time has the opportunity to receive full credit. 10% will be taken off for each day a homework/assignment/project is late. After four days late, work will receive an F and will not be accepted for a grade other than an F.
- **Projects** are completed by your learning groups.
- **Quizzes** will not be announced

- **Unit tests** will be announced in advance and a study guide will be given, usually one week prior to the test. There will be at least three unit tests a quarter. The test consists of 50 multiple choice questions.
- If a student is absent on the day of a unit test, a make-up test must be taken within a day after returning to class. All make-up tests are written, short answer or essay tests!
- **Final Exam:** Will be given during exam week in January or June.

Grading:

Quarterly grades are based on homework, assignments, projects, participation, tests and quizzes. Grade will be calculated based on a point system. Each quarter will be worth approximately 1000 points. Please check the parent portal to stay up to date on grades. Each quarter is worth 2/5th of their final grade. There are two quarters a semester. The final exam is worth 1/5th of the final grade.

Synopsis of Course Content:

Critical Health Issues is an honors level health class. The course content and workload is developed to challenge an honors level student. Critical Health Issues classes consist of lectures, group work, interactive technology lessons, discussions and learning group project work. Students will be exposed to information and activities that will help students make healthy choices now and in the future. The most important requirements for successful completion of Critical Health Issues are regular attendance, active participation and completed worked handed in on time. If you have any problem with the class content, sensitivity to topics discussed or homework issues, please contact me at my email address.

Unit Content: Three Units in a Quarter.

- **Unit:** **Health:** Health Triangle, Wellness, Behaviors, Personal Inventory
Quality Research: Acceptable types and Documentation, APA style
Bioethics: Terms, situation
- **Unit:** **Lifestyle and Diseases:** Cardiovascular System, Cardiovascular Diseases, Diabetes, Cancer, Angiogenesis, Adjunct Therapy, Cold Spring Harbor and Tobacco.
- **Unit:** **Nutrition:** Digestive System, Farm to table, Body Image, Media, Nutrition Basics, Food Label Reading, Fast foods, Restaurant healthy?, Supplements and Erogenic Aids, Food Pyramids, Food Shopping, Food Safety, Genetically Modified Foods, Analysis of Cafeteria Food and Food Inc.
- **Unit:** **Substances:** Decision making, OTC, Prescription, Substance Information and Dangers, Addiction and the Brain, Brain and Nervous System Anatomy, Depression, Coping and Community Resources for Help.
- **Unit:** **Substances;** Decision making, Stress, Alcohol, Addiction, DWI, Binge Drinking, Date Rape, Mental Health, Situations and healthy coping skills
- **Unit:** **Family Life:** Relationships, Puberty, Male and Female Reproductive Systems, Healthy Relationships, Community Resources, Abstinence, Parent Component, Teen Issues, Love, Infatuation, Pregnancy, Birth Control, Gender, Respect
- **Unit:** **STI's:** Sexuality transmitted infections, HIV/AIDS, Causes, Symptoms, Treatments, Cures, Parent Component.

“Clearly, no knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.”

-Boyer, E.L.