

Health Class Syllabus

Mr. Charvat

Room 1005

Topics / Units

1. **Healthy Relationships**
 - a. **Wellness**
 - b. **Physical, Social, Emotional & Intellectual Health**
2. **Stress**
3. **Nutrition**
4. **Substance Abuse**
5. **Sex Education (Abstinence and Responsible Behaviors)**
 - a. **Sexually Transmitted Infections (Pictures will be shown in class)**
 - b. **Pregnancy and Child Birth (Child birth video will be shown in class)**
 - c. **Birth Control Success Rates (Abstinence works all of the time!)**
6. **CPR**
7. **Circulatory / Reproductive / Respiratory Systems**
8. **Goal Setting / Roadwise Training (Driving Simulators)**

Class Objective

Health will be a positive and fun experience that will allow you to learn more about yourself, as well as others. You will learn skills to enhance the quality of your everyday life, as well as the best ways to take care of your body. You will learn that decision making is the single most important aspect of your overall health as an individual. Social and group skills will be stressed, and lack of respect to others will not be tolerated.

Building Wide Grading Scale

97-100 = A+	77-79 = C+
93-96 = A	73-76 = C
90-92 = A-	70-72 = C-
87-89 = B+	67-69 = D+
83-86 = B	63-66 = D
80-82 = B-	

Approximate Grade Calculation

Grades will be calculated on a total points scale. Approximate points awarded for each quarter are listed below. Progress reports will be given upon request.

Tests & Quizzes	300 points
Projects / Presentations	100 points
Homework	60 points
Participation	40 points

Extra Credit

Extra credit points will be awarded at special times during the semester. All students will be eligible for the points, regardless of class grade. No more than ten bonus points per quarter will be awarded.

Classroom Rules

1. No talking during instruction or while others are speaking.
2. Food is not permitted in the classroom unless given special permission.
3. Show respect to others, as well as to school property.
4. No obscene language will be tolerated.
5. Any behavior problems with a substitute teacher or guest will result in double the original consequence.
6. Arrive with a positive attitude!
7. As far as tardiness, a one minute grace period will be given to all students reporting to the health rooms due to their location.

Student Supplies

1. Pen or Pencil
2. Spiral Notebook or Binder for Notes
3. Folder with Pockets
4. Textbooks are available in my room as a reference only. They are not to be taken home by any student unless given special permission!
5. Agenda Book – students are responsible for writing down all assignments and due dates in their agenda books.

Absences

Upon returning to school after an excused absence, the student will turn in all work that was due on the first day of the student absence. It is the responsibility of the student to find out what work was missed and when it will be due. All make-up work will be due in as many days as the student was absent. The student has one week from the date of a test or quiz to complete their work.

Consequences When Classroom Rules Are Broken

- 1st Consequence – Verbal Warning
- 2nd Consequence – Detention
- 3rd Consequence – Detention & Parent Contact
- 4th Consequence – Detention(s) & Conference (Counselor and/or Principal)
- 5th Consequence – Immediate pass to the House Office

Class Presentations

- **Article or News Review** – Students will read a health related article and present it to the class. A written summary and personal opinion will also be turned in to the teacher.
- **Drug Portfolio Project** – Students will work in teams to present various drug abuse problems to the class by using technology. They will learn the negative consequences of substance abuse, as well as its effect on society. Strict guidelines will be set for this project and criteria will be explained at a later date.
- **Group Work** – Students will present ideas and answers to certain health issues to the rest of the class. Teamwork and social skills will be stressed in all group work.

Contact Information

I am happy to speak with you at any time regarding any concerns. Feel free to contact me via e-mail or voicemail. My e-mail is checked regularly throughout the school day, and my voicemail is checked every morning.

charvatm@mcsoh.org

(330) 636-2000 (mailbox 9019)

Thanks,
Mr. Mitch Charvat

I have read the above class syllabus and management plan. I realize that it is my responsibility as a student to follow these guidelines and to take accountability for my actions.

Student Name

Date

Student Signature

Parent / Guardian Signature