



Dallas High School Home of the Dragons



Health I

2013 - 2014

Instructor: Brodie Unger

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Office Hours: Monday-Friday: 7:45 to 8:20 and additional times by arrangement.

Prerequisite: None

Course Description: This class is a semester long class that makes up one-half of the one Health credit that every student needs in order to graduate. It is usually taken during a students' freshman year. In this class we will explore topics like Basic Health, Drugs, First Aid, Human Sexuality, Violence, Personality and Suicide. We will also discuss how each of these topics applies to our own personal lives'.

Text: Prentice Hall Health; Pruitt, Alegrante, Prothrow-Stith; 2007

First AID/CPR/AED for Schools and Community; American Red Cross; 3rd Edition, 2005

Course Outline: First Semester

	Unit Topic	Summative Assessment
Unit 1:	<u>Health</u> Aspects of health, Health Continuum, Influence on Health, Evaluating Health risks, Building Health Skills, DECIDE Decision Making Model	Chapter 1 Test Standards 1-3 Assessed
Unit 2:	<u>Personality</u> Five Central Traits, How Personality Forms, Stages of Personality, Self-esteem, Primary/Learned Emotions, Goal Setting	Chapter 2 Test Standards 1-3 Assessed
Unit 3:	<u>Stress</u> Causes of Stress, Terms- stress, stressor, eustress, distress, Stages of Stress, Stress and Personality, Coping with stress	Chapter 3 Test Standards 1-3 Assessed
Unit 4:	<u>Violence/Depression/Suicide</u> Risk factors for depression, Risk factors and protective factors for suicide, How to give and get help, Cost of Violence, Violence in schools, Conflict resolution	Chapter 4 & 7 Exam Standards 1-3 Assessed

Unit 5:	<u>First Aid</u> Conscious victim, Unconscious victim, Conscious choking, Unconscious choking, CPR, Soft tissue injuries, Injuries to muscles, bones, and joints, Sudden Illness	First Aid Quizzes Standards 2 & 4 Assessed
Unit 6:	<u>Drugs/Tobacco/Alcohol</u> Influences for tobacco use, Short & long term effects, Secondhand smoke, Benefits and tips for quitting, Influences for alcohol use, Effects on body and behavior, BAC, Over the counter/prescription/illegal drugs, Misuse & abuse, Compare and contrast characteristics of stimulants/depressants/hallucinogens	Chapter 15, 16, 17 Test Standards 1-3 Assessed

Standards to Be Assessed:

Upon successful completion of the course, students should be able to:

1. Standard 1: Develop an understanding of the scope and sequence of Health.
2. Standard 2: Students will acquire skills to live safely and reduce health risks
3. Standard 3: How family, culture, and environmental factors affect personal health
4. Standard 4: Develop and understanding of basic first aid and the skills needed to provide basic care

Career Related Learning Standards: Career-related learning standards (CRLS) are fundamental skills essential for success in employment, college, family, and community life. We have integrated the Personal Management standard from the CRLS into all courses at DHS. **This standard will be assessed and communicated independent of the academic grade.** It is included below and mainly includes behaviors that will be assessed in this course.

- **Personal Management Standard:** Exhibit appropriate work ethic and behaviors in school, community and workplace.
 - Students will identify tasks that need to be done and initiate action to complete the tasks.
 - Students will plan, organize and complete projects and assigned tasks on time, meeting agreed upon standards of quality.
 - Students will take responsibility for decisions and actions and anticipate consequences of decisions and actions.
 - Students will maintain regular attendance and be on time daily.
 - Students will maintain appropriate interactions with colleagues.

Grading and Assessment:

Student's final grade for each course will be broken down into two categories:

- 1) **Academic:** based on assessments, tests, projects and performances that measure learning.
- 2) **Personal Management:** based on homework completion and other behaviors measuring the CRLS personal management standard.

The Final grade is calculated as follows: 75% of the course grade will be based on the **Academic** grade and **25%** on the **Personal Management** grade.

- Any items included in the Academic grade (PA) may be retaken and the higher grade recorded. Teachers may extend the retake time period, but as a rule all retakes need to be done within **2 weeks** of the initial assessment.
- Students will complete extra preparation before retaking an assessment.
- Personal management work turned in late may be reduced by up to 50% credit.
- Retakes are not allowed on Personal Management assignments.
- Students must schedule performance retakes at their teacher's convenience. (Speech, drama, labs.)

Academic Integrity: We expect students to express academic integrity by doing their own work and properly documenting information gathered from other sources. Students who violate the principles of academic integrity will be subject to disciplinary consequences (see Insubordination section of the on-line student agenda).

Extra Credit: Extra credit is not offered, however students may be given additional opportunities to show mastery.

Cell Phones and Electronic Devices: Mobile phones are not to be in use or in open view within classrooms, restrooms, locker rooms, or during lockdown situations. Misuse of mobile phone or electronic device will lead to the following consequences:

- ☐ 1st offense - confiscated device is delivered to the main office and returned to the student at the end of the school day.
- ☐ 2nd offense - confiscated device is delivered to the main office where parent/guardian will be contacted to reclaim possession.
- ☐ 3rd offense – discipline referral for “insubordination”, parent contact, and student will no longer be allowed to have the device at school without administrator permission

Personal Communication Devices Board Policy: <http://policy.osba.org/dallas/j/jfceb%20r%20g1.pdf>

Parents: Please keep the rest of the syllabus. By signing this form, you acknowledge that you have read and fully understood the expectations, rules, and standards associated with Anatomy and Physiology. If you have questions, please call 503-623-8336 or email using the email address provided in this document.

Parent Name:

Parent Signature:

Parent email Address:

Parent Phone:

Student Name:

Student Signature: