



Advanced Health
Course Syllabus 2021-2022
Chris McDonough

Course Description

The study of Advanced Health allows the students the opportunity to expand and investigate health concepts previously presented in the state required half-credit health class taken in the freshmen year. Students will gain knowledge in the ten health content areas: Community Health, Consumer Health, Environmental Health, Family Life, Injury Prevention and Safety, Personal Health, Nutrition, Substance Use and Abuse, and Control of Disease.

Essential Questions to think about during class discussion and work:

- o What do I need to do to stay healthy?
- o How and where do I find health information and resources?
- o What can I do to avoid or reduce health risks?
- o What influences my health behaviors and decisions?
- o How can communication enhance my personal health?
- o How do making good decisions keep myself healthy?
- o How do I use the goal-setting process to improve my health?
- o What can I do to promote accurate health information and healthy behaviors?

Goals for Student Learning

The ultimate goal of health instruction is to provide health literacy for students that will prevent premature death and assist with healthy decision making. Successful completion of this course will provide students with a base knowledge to explore careers associated with health.

Textbook and Materials

Include school provided materials like textbooks/laptops and student provided materials like:

1 Subject Spiral Notebook with pockets

THUMB DRIVE

Pens/Pencils/Highlighter Daily

Box of Zip Lock Bags from Walmart or Target for supplies to be held in for class projects

Other Materials as projects come up (Mental Health and Wellness, Anatomy and Physiology, Nutrition, Drugs, etc.)

Course Outline

1.0 Mental and Emotional Health – Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance one’s self-concept and one’s relationship with others.

2.0 Alcohol, Tobacco, and Other Drugs - Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address, the non-use, use, and abuse of medications, alcohol, tobacco, and other drugs

3.0 Personal and Consumer Health - Students will demonstrate the ability to use knowledge, skills, and strategies to develop sound personal and consumer health practices involving the use of health care products, services, and community resources.

4.0 Family Life and Human Sexuality – Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

5.0 Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

6.0 Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

7.0 Disease Prevention and Control - Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.

HCPS Grading Policy

Examples of Product, Process, and Practice		
PRODUCT (50%) <i>Culminating Demonstration of Knowledge</i>	PROCESS (30%) <i>Addressing Specific Short-Term Learning Outcomes</i>	PRACTICE (20%) <i>Building Attitudes, Habits, and Skills</i>
Does it measure how well students achieved specific learning goals, standards, and/or competencies?	Does it provide feedback to students regarding growth towards the attainment of specific learning goals, standards and competencies?	Does it allow students to practice skills and/or reinforce content learning?
<ul style="list-style-type: none"> Primarily completed in presence of teacher Rubric aligned to standards Accuracy graded 	<ul style="list-style-type: none"> Primarily completed in presence of teacher Rubric aligned to standards Accuracy graded 	<ul style="list-style-type: none"> Graded for completion and participation

****Extra credit will not be given for non-academic purposes****

Absent Work Policy

All assignments should be submitted on time. Students will be given the number of class periods equal to the number of lawful class periods absent to turn in completed make up assignments without penalty.

Late Work Policy

All assignments should be submitted on time in order to earn full credit. Any assignment, (*product, process, or practice*) will be allowed to be turned in late for one letter grade deduction from the grade a student earns on the assignment. In order to earn credit for late assignments, students must submit assignments by the end of the day on Wednesday (except for the last week of the quarter) following the designated HAC update. Students are only able to submit assignments that have an established due date within the grading window before the designated

HAC update. Assignment that are turned in for late credit will be identified by a footnote in HAC to include a statement about the deduction of a letter grade due to the lateness of the assignment.

Grading Window	Designated HAC Update	Late Work Due Date
September 8- September 24	September 24	September 29
September 27- October 13	October 13	October 20
October 14- October 29	October 29	November 5 (Friday)
November 8- November 19	November 19	November 24
November 22- December 10	December 10	December 15
December 13- January 13	January 13	January 21 (Friday)
January 24- February 11	February 11	February 16
February 14- February 25	February 25	March 2
February 28- March 11	March 11	March 16
March 14- March 25	March 25	March 31 (Thursday)
April 1- April 22	April 22	April 27
April 25- May 6	May 6	May 11
May 11- May 20	May 20	May 25

Academic Integrity

Academic integrity is taking responsibility for the quality and completion of one's own work. Academic dishonesty is taking someone else's work and claiming it as one's own. Students at Bel Air High School are responsible for knowing what is considered to be Academic Dishonesty and the subsequent consequences. More information can be found in the BAHS Student Planner.

Classroom Rules and Procedures

Our classroom is a place of learning; you are to conduct yourself in a respectful manner. This class is "G-rated class" Profanity, criticizing or insulting other will not be tolerated. Use manners and be respectful of others at all times. Class meetings will consist of power point presentations, video clips, worksheets, class discussion and computer exploration, which will allow you to make choices that will enhance your health. You are expected to complete homework so you are prepared for the next class. You are expected to do everything possible to be successful.

Cell Phone Policy

- Students will place their cellphones in a teacher designated area as they enter each classroom. Teachers will review with students the specific location for each room. The phones will remain in the teacher designated area unless teachers explicitly tell students to take out the phones for instructional use.
- Cellphones will remain in the teacher designated area during bathroom visits, assemblies and trips to the nurse/counseling office/main office.
- Cellphones will be retrieved from the teacher designated area at the end of class at the direction of the teacher.
- School-appropriate cellphone use is permitted during class changes and lunch. Students are not permitted to make phone calls during school hours.
- If the cell phone policy is violated, it is a referable offense.

Current Events

Current events are an assignment due four times a quarter at least. Students are to find two articles pertaining to health from the newspapers, or internet. The current events will be worth 40 points and will be part of your overall grade. On your assigned due date you will come to class with your articles, written summaries for both, and you will orally present the information to the class. A class discussion will follow about your current event, you must be prepared to answer questions and help others understand your topic better. This activity will be done twice during the semester, so four articles will be completed! The following format is to be used when handing in current events:

1. The articles must be attached to their summaries that you hand wrote or typed up for the assignment.
2. On the written summary you must have the following information:
 - A. Title of the Article
 - B. Source (ex. The Sun)
 - C. Date of the article
 - D. A three paragraph summary/reaction/opinion in your own words
 - E. Five questions you can ask the class to help lead the class discussion. These must be thought provoking questions not ones asking the class to draw information straight from the presentation. We will do an example one before you get started on your own presentations. Once the class has presented enough health topics we will have a current event quiz worth 25 points.

Class Participation and Behavior: Health is a subject which is important to all of us and, therefore, participation is welcomed. Students are also to behave in an appropriate manner in class.

Projects: There will be several research related projects throughout the year. There will be a rubric given out when the topic is assigned. These are just a few examples of projects we will do.

Find a health-related issue regarding a Body System we have studied

Create a body part from everyday materials

Research a topic in Medical History

Research current mental/emotional health issue Research a current trend in Family Planning

Creating a Nutrition and Fitness Plan

Drugs in Our School Community

Research a current trend in Drug use and abuse

And MUCH, MUCH MORE!!!!!!!!!!!!!!!!!!!!

Any questions or concerns please contact

Christina.mcdonough@hcps.org

The hours where I can be reached to discuss your child's progress will be from 7 am until 2:15 pm each day. Other hours can be arranged when done in advance around my other duties at school. Please feel free to contact me via email or telephone (410.638.4600) to set up an appointment or discuss your students, if necessary throughout the semester. Email is your best method of communication with me at this point. I will contact you back within 24 hours if not before. I look forward to working with each of you throughout your child's years here at Bel Air High School.