

Frank McClarin High School

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Anita Marie Lee, Principal
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General Health 2008-2009

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Course description: The General Health course offers a realistic approach to the wellness concept, specifically covering physical, mental, emotional and social health problems and alternatives. The course is designed to encourage students to feel responsible for making their own health decisions and to realize that decisions made now will affect their wellness for life. The course introduces the students to personality development, emotions, stress, mental disorders, decision making skills, relationships, substance use and abuse, human development, diseases, first aid and emergency care, nutrition, exercise, and environmental health. This is a required course for graduation.

Textbook: Health: A Guide to Wellness Glencoe/McGraw-Hill, 2001, Ch. 1-6, 8-14, 19, 21-22, 24-31, 33,35.

This is a 60 day course. It is essential that you attend regularly and participate fully.

Course Objectives:

1. Explain the relationship between lifestyle factors and life long health.
2. Examine the impact of environment and personality.
3. Identify the steps in decision making and how they affect health.
4. Identify ways to manage stress.
5. Apply conflict resolution to life events.
6. Develop the knowledge of how to plan a nutritious diet.
7. Recognize the importance of exercise to their well being.
8. Identify ways to help the environment.
9. Examine the causes and patterns of drug use.
10. Explore the impact and hazards of drugs, alcohol, and smoking.
11. Identify the female and male reproductive system.
12. Describe the symptoms and possible treatments for STD's.
13. Recognize the importance of practicing abstinence.
14. Recognize how to assess emergency situations.
15. Describe the steps to take in specific medical emergencies.

Requirements & Expectations:

- **Attendance-** Attendance will be taken promptly. Students are expected to be in seats and ready to work. Tardies will be given to those who walk in after the bell without a pass. 3 tardies will count as an absence. Attendance is part of your participation grade.
- **Student ID's-** All students must wear their name badges at all times in the class. No exceptions.
- **Conduct-** Obscene language will not be tolerated. Be respectful. Don't touch others property without permission. Do not be disruptive while the teacher or others are talking.
- **Food, Drink and Cell Phones-** In accordance with school rules, students are not allowed to eat, drink, or talk on the cell phone in class.
- **Hall Passes-** A pass from the teacher must first be obtained before leaving the room for an emergency or to go to the restroom. Please, take care of business before class starts, if possible.
- **Grading scale**
60% Class work / Participation
20% Projects
20% Tests

Fulton County Schools Grading Policy

A	Superior	90-100
B	Good	80-89
C	Average	70-79
F	Failing	69 and below

Recovery procedures from the Fulton County School Board Policy:

Provision for Improving Grades

1. Opportunities designed to allow students to recover from a low or failing cumulative grade will be allowed when all work required to date has been completed and the student has demonstrated a legitimate effort to meet all course requirements including attendance.

Students should contact the teacher concerning recovery opportunities. Teachers are expected to establish a reasonable time period for recovery work to be completed during the semester. All recovery work must be directly related to course objectives and must be completed ten school days prior to the end of the semester.

2. Teachers will determine when and how students with extenuating circumstances may improve their grades.

McClarín School Policy: “Students who do not successfully complete their assigned classes will have to repeat the class. No student will be assigned a repeat class the next semester unless it is the only class this student needs to take. Students with excessive absences will not pass the class.”

I have read the syllabus and understand the requirements and expectations for General Health.

Student Name _____

Student Signature _____

Home Phone or Parent Contact # _____

Parent Signature _____