

Health Syllabus

School Year 2023-2024

Instructor

Coach Kilpatrick

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Room Location

Junior/High School

Building Room #3

Course Overview

Students will learn how to become healthier individuals- both physically and mentally. Students will gain knowledge in overall physical health, social health, mental health, substance abuse and disorders, and nutritional wellbeing.

Required Text (Provided)

Prentice Hall Health, *Pruitt, Alegrante, Prothrow-Smith*

Course Materials List

- 3- Ring Binder with notebook paper (can be used with other classes- just a section for Health)
- #2 Pencils
- Colored Pencils

How will the class work?

Starting the first full week of class, we will begin in chapter 1 of the Prentice Hall Health book. We will have a test at the end of each chapter or unit. Homework will be given each week. The amount and due date will vary from week to week.

Students will have three days to complete missed assignments. If assignments aren't completed within that timeframe, students will receive a "0" for each assignment.

Classroom Rules

1. Do your own work! Cheating of any kind will not be tolerated. If a student is caught cheating, they will receive a grade of "0". Additional punishment is listed within the **Kemper Academy Student Handbook**.
2. Be RESPECTFUL!
3. Use restroom before entering class.
4. While the teacher is speaking, refrain from talking
5. Place assignments in the tray assigned for your class.

Material to be Covered:

- **Unit 1 (Mental Health)**

- **Unit 2 (Social Health)**

- **Unit 3 (Nutrition)**

- **Unit 4 (Physical Fitness)**

- **Unit 5 (Substance Abuse)**

- **Unit 6 (Human Development)**

- **Unit 7- (Preventing Disease)**

- **Unit 8- (Community Health and Safety)**