

# Health (Physical Education)

Elective – Semester – 9/10/11/12

Prerequisites: None

---

## Course Description

This course is designed to help the Christian student promote and maintain good health. Prevention requires knowledge and skills which they will learn in class. The Health Class is designed to help the student research accurate and thorough information that young people need to make positive Christian decisions.

## Course Goal

The Christian teacher will:

1. Provide an opportunity for all students to research and collect current information on varied issues.
2. The class will be taught in an environment that will positively influence the health practices of each student.

## Course Objectives

The student should be able to:

1. Comprehend concepts related to health promotion and disease prevention.
2. Demonstrate the ability to access valid health information and health-promoting products and services.
3. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Analyze the influence of culture, media, technology, and other factors on health.
5. Demonstrate the ability to use goal-setting and decision-making skills to enhance their health.

## Course Outline

The class may include the following areas of research and activities

1. Elements of First Aid - Wounds - Burns - Broken Bones – Choking (CPR) - Poison – Heat-Related Illnesses
2. Stress Management - Learn to relax A14- Day Program
3. Current Health Issues - Health Educator
4. Terminal Illnesses
5. Eating Disorders
6. Current Research on Controversial Issues

Unit Outline

1. First Aid
2. Stress Management
3. Health Issues
4. Specific Issues selected by Students
5. Controversial Issues

## Instructional Strategies

The instructor will use a variety of instructional techniques, including demonstration, lecture, audio visual aids, co-operative learning, and stimulating activities. Most of the class will center around the students gathering current information from the internet web pages, magazines and books.

## Grading

Daily work – notes questions – handouts 25%

Quizzes – announced - unannounced – open notes 25%

Research Papers 10%

Discussion and cooperation 10%

Tests 30%

Grading Scale

- A+ 100-99
- A 98-95
- A- 94-93

- B+ 92-91
- B 90-87
- B- 86-85
- C+ 84-83
- C 82-79
- C- 78-77
- D+ 76-75
- D 74-72
- D- 71-70
- F 69-0

### **Student Materials**

1. Three subject notebook
2. Folder or three ring binder
3. Hi – Liter

### **Classroom Procedures**

The students will be in their seats when the bell rings to begin the period. While attendance is being taken they will use this time to review the material that they will present to class or look over material for that day. Students will enter in their agendas all assignments and the dates when they are due. Homework and research paper will be turned in on time. Each student will choose a student partner who will inform him of the material he missed and pick up any handouts or information that he might of missed. If the student misses any assignments he will have to make arrangements with the teacher to make them up.