

Health (Physical Education)

Required – Semester – 10

Prerequisites: PE9- Fitness & Wellness

Course Description

This course is designed to educate the Christian student on aspects of mental, emotional, and physical health. Students will learn the knowledge and skills needed to make healthy decisions and improve their overall health. Students will also use problem solving skills and research to promote healthy Christian living.

Course Goal

The Christian teacher will:

1. Provide opportunities for all students to begin or maintain a health-enhancing lifestyle.
2. Instill the social skills needed to make healthy decisions.
3. Develop in students a desirable self-concept of healthy Christian living.
4. Provide an emotionally safe environment that will positively influence the health practices of each student.

Course Objectives

The successful student will be able to demonstrate the following Society of Health and Physical Education (SHAPE) standards:

1. Comprehend concepts related to health promotion and disease prevention to enhance health.
2. Analyze the influence of family, friends, peers, culture, media, technology, and other factors on health behaviors.
3. Demonstrate the ability to access valid information and health-promoting products and services to enhance health.
4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Demonstrate the ability to use decision-making skills to enhance health.
6. Demonstrate the ability to use goal-setting skills to enhance health.
7. Demonstrate the ability to practice health-enhancing behaviors to avoid or reduce health risks.
8. Demonstrate the ability to advocate for personal, family, and community health.

Course Outline

The class may include the following areas of research and activities

1. First Aid/CPR
2. Mental/Emotional Health
3. Human Growth & Development/ Sexual Health
4. Nutrition
5. Alcohol, Tobacco, and other drugs

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 group discussions, research, and interactive classroom activities.

Grading

The student's semester grade is based strictly on a point system. Points will be derived from daily assignments, quizzes, projects, presentations, unit tests, and the semester test. Rubrics or guidelines will be given to students for projects so that what is expected is clearly stated.

Student Materials

1. Notebook
2. Folder or three ring binder
3. Pens and pencils
4. Highlighter

Classroom Procedures

- Students must be in their seat when the bell rings or a tardy will be given.
- Food and drink are to be consumed at lunch or during breaks, not during class.
- Cell phones must be put in phone bucket if brought into the classroom.
- Students will have two days after the scheduled due date to hand in any missing assignments. If an assignment is not handed in by then, they will receive a zero.
- If students have missing quizzes, tests, and assignments due to illness or extenuating circumstances, they will have to make arrangements with the teacher to make them up.