

# HEALTH

**Mr. Bridges**

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**Health Content and Objectives:** Health is a semester course designed to develop your critical thinking skills when it comes to mental, physical and social aspects of health. We will cover 5 units: Mental Health, Nutrition/Physical Fitness, Social Health, Substance Abuse and Human Reproduction. The objective of Health Education is to encourage and enable students to establish and achieve personal goals and habits that will help them develop a healthy lifestyle and long term wellness.

**Supplies:** You will NEED the following supplies for each day of class:

- a pen/pencil
- notebook/section in binder for daily quotes and notes
- 3x5 index cards
- folder to keep class assignments and homework in

Please be responsible and come to class prepared EVERYDAY so you are able to participate and receive credit.

**Textbook:** Lifetime Health, Holt, 2009. Textbooks will be provided in class for students.

**Grading:** All points will be weighted equally. Letter grades will follow a traditional grade scale as outlined below:

100-93 = A	89-87 = B+	79-77 = C+	69-67 = D+	59-below = F
92-90 = A-	86-83 = B	76-73 = C	66-63 = D	
	82-80 = B-	72-70 = C-	62-60 = D-	

**Daily Quizzes/Quotes/Notes:** A daily 5 point quiz or journal write will be given at the beginning of each class period and will be completed on a 3x5 index card. These may NOT be made up if you are late or absent (unexcused). For excused absences they can be made up by finding a health-related article in the newspaper or online and writing a one paragraph response. At the end of the term the lowest 3 scores will be dropped.

Each student will be required to have a notebook or section in their binder for this class specifically. You will be required occasionally to respond to a “quote of the day” (journal write) as well as keep your class notes in this notebook or binder. At the end of each unit on the day of the unit test your notebook will be reviewed and graded.

**Healthy Participation:** Student participation is an important part of any successful classroom. Throughout the semester there will be many opportunities for collaboration in partner and group settings. Each student will be expected and encouraged to contribute. As long as students participate they will receive these points, but they will be docked when participation is lacking.

**Homework & Assignments:** Homework assignments will be given throughout each unit. These will typically be due at the next scheduled class period or for extended length assignments on a specific date. Some assignments will involve having a discussion at home with your parents or another trusted adult regarding a specific health topic. These will require a signature and may be reviewed at parent/teacher conferences to ensure they are being completed appropriately.

**Healthy Behaviors:**

Some assignments will be designed around encouraging and/or developing specific health related behaviors, including nutrition and physical fitness. These will require keeping track of behaviors and/or activities over a period of several days and can be enhanced by family participation and encouragement.

**Tests:** A final test or project will be given at the end of each unit. Therefore, you will have a total of 5 unit tests/projects throughout the semester. A study guide will be provided for each test and if completed and turned in the day of the test will be worth 5 extra credit points toward the test grade.

**Make-up Work:** Make-up work will be the student's responsibility. You can pick up any missed assignments/homework from the "What did I miss?" basket. Make-up work will typically be due at the next class period, unless it is an extended length assignment in which case the due date will be specifically noted. Please see me with any questions or for clarification on assignment requirements. Grades and missing assignments can always be checked online through the Nebo District webpage on SIS.

**Late Work:** For each class day your assignment is late, 10% will be deducted until it reaches 50%. Late work will be accepted for 50% credit up until the day of the unit test. Late work will NOT be accepted after the final test for the unit is taken. If you are absent the day of a test you will need to make it up ASAP after returning to school. Please check with me on the day you return to schedule a test make-up.

**Extra Credit:** There will be opportunities offered for extra credit within each unit. These will not be considered as replacements to other assignments but can be used to earn supplemental points where needed. Some examples of extra credit that will be available include:

- Short (1-2 page) research paper on a health topic from the current unit
- In class presentation (5-10 minutes) on a health topic from the current unit
- Field experience to a health site related to our current unit of study, must be pre-approved (some options may include: AA meeting, county health dept., treatment center, etc.)
- Students may also present their own ideas for extra credit projects for my approval

Students who have turned in ALL assignments for the term will be eligible for an automatic one step grade bump, i.e. from an A- to A or B to B+.

**Attendance:** Students are expected to be in class each day. The school policy regarding absences and tardies will be strictly enforced. Attendance will be 10% of the final grade.

**Parental Consent:** This class will include a unit on human reproduction and related health issues and diseases. That curriculum will ONLY include that which has been approved by the Utah State Office of Education and Nebo School District. The parental consent form must be signed and returned in order for a student to participate in that unit. If the signed form is not returned consent has not been given. Students without consent will receive an alternate project to work on independently during that unit.

**Class Rules:**

1. Give RESPECT, to Gain RESPECT!
2. LISTEN!!!
3. Come PREPARED mentally, emotionally and physically each day and ready to learn!

**HEALTH**  
**Mr. Bridges**

Signed disclosure due back by **January 22nd/23rd** for 10 points.

**I have read and understand the classroom policies for Health.**

\_\_\_\_\_

Student Name (Printed)

\_\_\_\_\_

Class Period

\_\_\_\_\_

Student Signature

\_\_\_\_\_

Date

**I have read and understand the classroom polices for Health.**

\_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date

**Parent/Guardian Phone Number:**

**Parent/Guardian Email:**

**Best time to contact:**

**Questions, Concerns about student** (please feel free to contact me at any time):