

# **Health and Lifestyle Fitness!**

Mrs. Samantha Smith

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Blog website here

**Course Description:** Health is a semester course and provides opportunities for students to develop and learn skills and attitudes needed for practicing lifelong health-enhancing behaviors. This course focuses on the six state core standards and will have six main units: Mental and Emotional Health, Nutrition and Physical Fitness, Substance abuse, Safety and Injury Prevention, Communicable and non-communicable Diseases, and Human Development.

**Materials:** Health By Randy Page Textbook, Pen and Pencil, and notebook to take notes in class.

## **Course Requirements:**

### **Grade Breakdown:**

Journal Entries – 5 points each

Assignments – 20 points each

Homework – 10 points each

Projects – 25 points each

Mastery Quizzes – 10 points each

Unit Tests – 50 points each

**Attendance** – Attendance will be taken everyday. Students are allowed 3 tardies per semester and 3 absences according to school policy. Refer to school attendance policy for further questions. Any student who misses my class can refer to the blog for the information on homework assignments and what we went over in class that day.

**Journal** – Each day we will begin class with a five minute journal assignment where the students will have various prompts that they will write their thoughts about. After five journal entries, students will turn in their journal assignments to be graded. You have until the 5<sup>th</sup> journal to make up previous journal entries. The prompts are in a file on the teacher's desk and cannot be found on the blog, emphasizing the importance of attending class and being on time. Each journal entry will be worth 5 points based strictly on completion.

**Assignments** – There will be a variety of assignments throughout the semester. All assignments are expected to be complete and turned in on the day assigned by the teacher.

**Homework** – Students will have assigned homework. There may be some times when they will have the opportunity to work on homework at the end of class. If the student has a C grade or lower and no homework is coming home, then that is a reason for concern.

**Projects** – Each unit will have one major project that students will either work with a group or separately to complete. Most will consist of either: a reflection paper, a group presentation, or a

research project. Most of these assignments can be accomplished in class, however, the teacher may send home some assignments or questioners that require help from parents or family members. Each project will be worth 25 points. Most homework assignments will help the student brainstorm and focus on their unit projects.

**Tests and Quizzes** – Each unit will include two mastery quizzes and one test. The Mastery quizzes are to assess the understanding of each student and can be retaken as many times as the student wants before the unit test for their desired grade and are worth 10 points each. Each test is worth 50 points.

**Grading Policy:**

Grades will be determined on a total point basis with all point weighing equally. A breakdown of the grading scale is listed below

100-93 = A	85-83 = B	76-73 = C	66-63 = D
92-90 = A-	82-80 = B-	72-70 = C-	62-60 = D-
89-87 = B+	79-77 = C+	69-67 = D+	59-Below = F

**Late Work** - Late work will receive a 50% deduction and will not be accepted after the test for that particular unit.

**Make-up Work** – When a student misses class for one reason or another, they can refer to the blog online for the material that they missed and what assignments they need to make up. If they need to make up a test, they can meet with me to schedule a time. All make up work must be turned in within 3 days of when the students returns to school, unless in extreme circumstances where arrangements will be made.

**Extra Credit** –There will be 3 extra credit assignments given throughout the semester. Each of these assignments is completely optional and students will be notified in advance when extra credit assignments are due. The criteria for assignments will be similar to the traditional assignments.

**Behavior:** The student is expected to adhere to the following standards:

1. Be on time and ready to work
2. Raise your hand and wait to be called on before speaking
3. Bring something to write with and paper each class period
4. Follow directions the first time they are given
5. No swearing or vulgar language
6. Respect others and their property, as well as the school and the teacher
7. Be responsible

I am really excited for this semester of learning and fun and look forward to getting to know and working with each student individually. If you have any questions or concerns you can email me at [speavlersmith@gmail.com](mailto:speavlersmith@gmail.com).

-----Cut out below portion and turn in to your teacher -----

I have read the Health Disclosure document and will adhere to the standards and procedures as outlined in this document. I understand what is required of me and what will be covered in this course.

Parent/Guardian Signature:

Print:

Student Signature:

Print:

Print student Signature:

Class Period

Parent/Guardian Phone number:

Parent/Guardian email address:

Best time to contact if needed:

Best way to contact – Phone or email (circle best one)

Questions, Concerns, or Comments: