

P.S 035 Manhattan High School
Course Code: PHS11QQB
Syllabus for: Health
Teacher Name: Ellie Gerdes
Year and Term: Spring 2018

Learning standards:

Standard 1 Health and Fitness
Standard 2 A Safe and Healthy Environment
Standard 3 Resource Management

Course Description:

This course will give the students the knowledge and skills to practice healthy behaviors and reduce their health risks. The teacher will cover six major risk areas faced by teens. This is a skills based course that promotes health literacy.

Course Objectives:

The goal is to “promote the healthy growth and development of youth and give them skills for making healthy Choices that will effect life long behavior patterns and the quality of their lives.” (Health Smart Associates Scotts Valley, California)

Topics

Emotional & Mental Health
Violence & Injury Prevention
Violence & Injury Prevention/ Abstinence, Personal & Sexual Health
Abstinence, Personal & Sexual Health
Nutrition & Physical Activity
Reducing the Risk
Understanding Self Identity
HIV/AIDS
Tobacco, Alcohol & Other Drug Prevention/(Alternative Health Project)

Course Materials:

Note Book or Section in binder
A pencil or pen
Health Smart Work Book (stays in class)

Grading Policy:

Exams (30%) Exams will be given after every unit.
Workbook/Homework (20%) Pages in your workbook will be graded. If you do not turn them in you get a 0.
Participation (20%)
Projects/Presentations (25%) You may be assigned a project once a unit.

Exit Pass(5%) Exit passes are done at the end of class.

Other Expectation:

Please make sure you are on time to class. If you have an excused absence check in with me for homework. You will have a week to get the homework back to me if you are out. Assignments must be handed in on time. If they are not handed in on time they will be a 0. If they are handed in late, they will be get an L which may lower your grade.

I expect to find the do now written in your notebook every day, and that you will make up missing notes and assignments for the days you are absent.

You can contact me if you have any questions about anything.

My email is egerdes@schools.nyc.gov. If you ever need anything, feel free to see me during a free period, or during lunch and I will do whatever I can.