

**NOUVEL CATHOLIC CENTRAL HIGH SCHOOL  
HEALTH SYLLABUS 2017-18  
Mr. Scott Frankland**

<p><b>COURSE DESCRIPTION:</b></p>	<p>Health Education is a course designed to provide students with the ability to use knowledge obtained throughout the semester to create educated decisions in regards to their individual health which includes the health of their family and overall community.</p> <p><b>Added to the curriculum as mandated by the State of Michigan requires students to have Chest only CPR training before graduating. The added curriculum has support from the American Heart Association and added material from the Saginaw ISD.</b></p> <p>The students will also focus on how to communicate effectively in all peer pressure situations through role modeling various abstinence based situations (Drugs, Alcohol, and Sexual situations).</p> <p>The course will have a huge emphasis placed on material dealing with drugs, alcohol, and tobacco and how to can negatively affect the body.</p> <p>Finally, students will learn about Stress and how stress plays a role in everyday life. Students will obtain ways of handling stress through stress management techniques.</p> <p>Overall, throughout the semester the students will have an understanding the Health Pyramid, and that not all cannot be perfect, which is a daily part of our routines.</p>
<p><b>MAJOR COURSE GOALS:</b></p>	<p><b>Basic understanding of the body and its functions.</b></p> <ul style="list-style-type: none"> <li>✓ Understanding of proper hygiene, and preventive care of the human body.</li> <li>✓ Types of diets to help keep the body healthy.</li> <li>✓ Prerequisite understanding of the following: <ul style="list-style-type: none"> <li>• <b>Skin, mouth, eye, ears</b></li> <li>• <b>Skeletal System</b></li> <li>• <b>Muscular System</b></li> <li>• <b>Nervous System</b></li> </ul> </li> </ul>

- **Cardiovascular System**
- **Respiratory System**
- **Digestive System**

**Students will learn about life saving skills.**

- ✓ Personal Safety:
  - Coping with Cyberbullies
  - Internet Predators
  - Home and Community
  - Outdoor Safety
  - Road Safety.
- ✓ **CPR/AED: Lessons will be supported by the American Heart Association which provides a pre-test, post-test that follows videos demonstrating Chest only CPR, along with other demonstrations on Choking, and Child CPR. Other resources come from the Glencoe Health text book. Other support and resources is provided by the Saginaw ISD which includes Maikin's, and AED trainers provided through a grant from the Pulse 3 Foundation.**
- ✓ First Aid
- ✓ How to care for injuries
  - Splints
  - RICE or ICE
- ✓ Have an escape plan in place during emergency situations.

**Students will have the skills to create, monitor and reflect upon a long-range Nutritional plan. (Access to Nouvel computer labs and outside research).**

- ✓ Know how family and friends influence eating habits.
- ✓ Learning about other cultures food customs.
- ✓ Consequences of using dietary supplements to maintain nutritional adequacy.
- ✓ Knowledge of major food groups; portions, preparation, and benefits.
- ✓ Be able to develop a long-range nutrition plan.

**Be able to develop a healthy personal and physical lifestyle.**

- ✓ Setting long-term and short goals for career options, physical, nutritional needs according to the Health Triangle.
- ✓ Understand the importance of the Health Triangle (Physical, Mental/Emotional, and Social)
- ✓ Be able to make effective decisions, solve problems, and communicate regarding problems.
- ✓ Proper communication techniques in all situations.
- ✓ Learning how to be respectful, and showing core values when in family and other social situations.
- ✓ Understand the importance of showing empathy in all personal situations.
- ✓ Be able to assess personal preferences, interests, and motivations.
- ✓ Know the choices and consequences related to abuse of alcohol, tobacco, and drugs.

**Understand how to manage situations for a healthy life.**

- ✓ Know various safety procedures and practices.
- ✓ Know strategies that minimize chances of contracting a disease.
- ✓ Know symptoms of common infectious diseases, particularly HIV and STD's
- ✓ Know responsibilities and procedures for finding out whether a disease has been contracted.

**• Be able to develop a sexually healthy lifestyle**

- ✓ Know the advantages of abstinence from sexual intercourse outside of marriage.
- ✓ Know how choice of friends, activities, and chemical use can affect sexual decision making.
- ✓ Know consequences of sexual behavior and accept the responsibility for the behavior (HIV, STD's, pregnancy)

	<p>Students will be assessed in several ways; including tests, quizzes, journal writing, projects, presentations, participation, class work and homework assignments. Students will also be assessed on classroom participation for example role play scenarios, debates, and participation in class lectures. There will be a Goal setting project and Mental Disorder power point research projects along with other projects to further enhance knowledge on topics discussed in class. The students will be taking a cumulative Final Exam that covers information that students intensely explore throughout the semester.</p>
<p><b>SUPPLIES AND MATERIALS</b></p>	<p>Each student will receive a 2011 Glencoe Health book and internet access is a required resource. Support will be provided by <b>the American Heart Association and the Saginaw ISD for First Aid/ CPR/ AED training for students.</b> At this time students will not be certified, but have basic skills to preform chest only CPR in an emergency situation. Students will not certified unless a professional instructor from AHA, or Red Cross is on campus. Current teacher is on wait list to be able to certify students and staff.</p> <p>Nouvel will supply access to computers for students that do not have access to technological resources outside of the NCC campus.</p> <p>Students will need to purchase a spiral notebook and a composition notebook for personal journaling. As students will be doing Bell Work about the topic on hand.</p>
<p><b>EXTRA HELP/ CONTACT INFORMATION:</b></p>	<p>The instructor is currently teaching two classes out of seven in Health. Usually my schedule will be from third hour to seventh hour. I will be available before school for parents if a conference is needed on an appointment basis, and will be available for students during their lunch hour and on an appointment basis before and after school. My prep period varies depending on my school schedule. Parents at the Meet the Teacher will be notified. If you need to make an appointment you can contact me via email:  <b>sfrankland@sacschools.org or by phone call at 989-791-4330, ext. 2454</b></p>

**INSTRUCTIONAL PHILOSOPHY CLASSROOM  
EXPECTATIONS:  
HOMEWORK POLICY AND  
GRADING SCALE:**

Each student learns at a different pace. Based on this understanding, I as an instructor will differentiate or adapt instruction to fit each learner

**My role as instructor I:**

- Will follow Nouvel Catholic Central grading and guidelines.
- Assess students' needs and abilities in a variety of 4 ways (prior knowledge, diagnostic testing, observation, student conference).
- Design lessons showing a variety of different strategies students can use to gather information and explore ideas (listening, reading, viewing—resource based learning)
- Develop a variety of ways that students can express and share their own information and ideas (oral, written, through a visual representation such as college or graphic organizers, power-point).
- Provide a variety of options for teacher evaluation and student self-assessment
- Offer students choices as often as possible:
- In their learning arrangement (working independently, or in group).
- Ways they will learn about the concept and the resources they will use to gather their information and ideas (print, not-print-audio, video, human). Students will express, share or present the ideas and information to others (oral presentation, visual chart, role play).

**Has Students They will;**

- ✓ Be respectful towards others in the classroom.
- ✓ Show respect towards myself, any other adult that will be in the room.
- ✓ Show respect towards the classroom rules and expectations. Cell phones and tablets and other electronics are not allowed during class time unless allowed by Mr. Frankland prior with a reason why and for educational purposes.

	<ul style="list-style-type: none"><li>✓ Be on time for class and in their seats by the bell. Some circumstances for not being late will require a note from a teacher, or administrator. If not in class after 5 minutes students will be marked as unexcused absent and written up. This is so no one is interrupting classroom instruction.</li><li>✓ Keep the learning environment positive. Meaning no bullying, teasing, or harassing of students.</li><li>✓ Complete work on time. However, extensions will be considered with a letter, email, or phone call to Mr. Frankland prior to due date due to illness, and other family matters.</li></ul> <p><b>Homework grading, and discipline policies will align with Nouvel Catholic Central's policies defined in the student handbook.</b></p>
<b>CONTACT INFORMATION:</b>	L. Scott Frankland 2554 Wieneke Rd. Saginaw, MI 48603 <a href="mailto:sfrankland@sacschools.org">sfrankland@sacschools.org</a> 989-791-4300 ext. 2454