**Health**

**Hightower High School**

**Coach Shallenberger**

**Syllabus:**

1. **Materials Needed:**
   1. Binder, Folder or Notebook to keep paper/notes and all given materials
   2. Pen or Pencil
2. **Students will master concepts of the following subjects**
   1. A Healthy Foundation - Ch. 1, 2 & 3
   2. Physical Activity and Nutrition -Ch. 5 & 6
   3. Mental and Emotional Health-Ch. 7, 8 & 9
   4. Promoting Safe and Healthy Relationships -PAPA & CHR
   5. Growth and Development- Ch 18, 19, & CTB
   6. Tobacco, Alcohol, and Other Drugs - Ch 21,22, 23, and Crossing the Line
   7. Diseases and Disorders -Ch 24 & 26
3. **Course Description:** This course is designed to help high school students extend

their knowledge, attitudes, beliefs and skills related to health education. Instruction

is based on the needs, interests, strengths, and culture of Hightower High School

students. The focus is on students dealing with the world today and preparing for

adult living. School appropriate concepts of personal and community health, safety,

mental health, substance abuse, family life and human sexuality are taught in this

course. Some of the topics taught will be of a sensitive nature. Responses will be

given in a straightforward, factual manner with respect for individuals always being a

top priority. Ultimately, parents are viewed as the primary health educators. Along

with community resources, parents are encouraged to be partners in the school-based

health education program.

1. **Grading Scale**
   1. 50% Major Grades
   2. 50% Daily Grades
2. **Rules of the Classroom**
   1. Have materials when you come into class (paper, pen, notebook)
   2. Respect your peers and the teacher
   3. Be actively engaged
   4. Address subject matter with maturity
   5. Limit cell phone and headphone use to when it is approved by the teacher
   6. FBISD and Hightower Student Handbook rules always enforced
3. **Classroom Procedures**
   1. Come in and pull out materials
   2. Actively engage in the activity/lesson
   3. Sit quietly until everyone is through
   4. Begin class discussion on topic
   5. Late Work-All unexcused late work will receive a grade no higher than 50