

# HEALTH SYLLABUS

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## **ABOUT THE COURSE**

You will be “living” this course everyday. This is arguably the most significant class you will have taken in high school. During this time there will be a wide variety of subjects that will be covered in the textbook. Aside from the textbook format there will be informal discussions on subjects and issues regarding ones health. The concepts that need to be understood in an overall view of health apply to the physical, mental, and social aspects of an individual.

**If you want to learn how to obtain, or keep, a successful and healthy life you’re in the right place.**

## **OBJECTIVE**

By the end of the semester the student will be able to identify with the following issues on health:

- ✓ What health means
- ✓ Health literacy
- ✓ Healthful choices
- ✓ Physical fitness
- ✓ Nutrition
- ✓ Mental and Emotional Health
- ✓ Stress
- ✓ Relationships
- ✓ Resolving conflicts
- ✓ Systems: Integumentary, Skeletal, Muscular, Nervous, Endocrine, Respiratory, Digestive, Urinary, & Reproductive
- ✓ Beginning of life
- ✓ Tobacco
- ✓ Alcohol and Drugs (OTC & illegal)
- ✓ Infectious diseases
- ✓ STI(D)’s
- ✓ HIV/AIDS
- ✓ Health costs & consumer choice

## **POINTS**

1.5-7.5pts.....	Extra Credit
5pts.....	Terms
5pts.....	Activities
10pts.....	Questions (LRQ’s/RTF’s)
7.5pts.....	Webwork/Homework
10-20pts.....	Quizzes
20pts.....	Health Log
50pts.....	Research Paper
50pts.....	Final

## **CLASS ASSIGNMENTS**

Class assignments and deadlines will be posted on instructor's school web page and announced in class.

## **DEAD LINES**

Work not turned in by dead line will be worth only half credit.

## **INCOMPLETES**

Any work given back as incomplete must be completed or corrected by the end of the week. Any incomplete's not turned in by the end of the week will result in 0pts.

## **WEBWORK**

This is work assigned from the instructor's CCHS web page. Follow the instructions on the supplemental handout (Accessing Teacher's CCHS Web Page) to learn how to access this web page.

- ❖ NO COMPUTER AT HOME? Here are your options:
  - CCHS Library-before school, during lunch, or after school
  - Friend
  - Relative
  - Kern County Library (corner of 10<sup>th</sup> & Jefferson St.)

## **MAKE UP WORK**

Students will be instructed on which assignments/announcements were missed in class upon return of their absence. Students will also be expected to access information (i.e. assignments, announcements) from instructor's web page.

- ❖ POLICY FOR NOT TURNING IN WORK DUE TO ABSENCE: The instructor will determine, based on attendance record, whether or not work turned in after absence will be worth full-credit or half-credit. (Refer to the instructor's example).

## **CIRCUMSTANCES**

Students who have problems with reading, the English language, or comprehension of the subject matter are asked to bring this to the instructor's attention so that an alternative plan is set up with regards to deadlines and materials.

If you are a low level reader or have trouble with the English language it is the student's responsibility to make him/her-self more literate by practicing on their own, giving their best if they are in a resource class, or by attending a tutorial class. Don't make your reading disability your excuse for falling behind!

*"There is nothing wrong with America that the love of freedom, intelligence and the energy of her citizens cannot cure."*  
~Dwight D. Eisenhower~

*"The fate of empires depends upon the education of the youth."*  
~Aristotle~