

## Course Syllabus

Cicely Tyson Middle/High School  
Health Education  
Monday-Friday  
Quarter Course  
Credit hours: 1.25

Ms. Walters  
School phone number: (973) 414-8600  
Room Number: 257  
Carolyn.walters@eastorange.k12.nj.us  
973-414-8600 ext. 53019

### Welcome and Introduction

Welcome to Health Education. I'm your instructor, Ms. Walters. We'll be together for the 2019-2020 school year. In this course, we'll come together to help you learn to gain a better understanding of health related topics and concerns that are happening all around the world.

### Course Theme (overarching ideal)

"The first step is you have to say that you can."-Will Smith

### Course Goals/Essential Questions

- Develop skills for incorporating a healthy nutrition plan.
- Identify the harmful affects of alcohol and medicine.
- Understand why abstinence is the best choice.
- Explain the different types of relationships.
- . Understand the importance of physical activity for life.

### Methods of Instruction

Students will receive instruction through the instructors use of technology, lectures, group assignments, power points, role play and class discussions.

### Course Component Specifics

Students need to bring a positive attitude to class and show respect toward their classmates and teachers in Health Education. To ensure a safe learning environment, students must follow all instructions given to them during the period. At no time are students allowed to bring food or use an electronic device during class.

### Attendance and Make-Up Work

Absences are recognized for the following reasons:

1. Absences to participate in official school/district activities (performances, field trips, athletic events, etc.)
2. Absences for medical reasons
3. College Visits
4. Pass indicating with Administrator/Guidance/Nurse/CST/Social Worker/Discipline
5. Passes indicating you are with another teacher must be cleared first by the period

teacher if you are planning to be more than 10 minutes late.

If you miss class, make arrangements with me as soon as possible to arrange time for your make-up assignments. You are responsible for getting class notes from a classmate. Make-up assignments are due by the end of the class following the missed class.

## **Course Requirements and Grading**

**Students will receive a letter grade based upon**

- Participation-15%
  - Attendance -
  - Arrive on time -
  - Behavior -
  - Assignments -
  - Writing Prompts
- Homework 15%
  - Homework should be done and submitted on time.
- Projects-20%
  - During each unit students will complete either a group project or in class project
- Quizzes 20%
  - Weekly or bi weekly.
- Test 30%
  - Unit Test

## **Opportunities for Extra Support**

By appointment

## **How to Reach Me**

Email me at [Carolyn.walters@eastorange.k12.nj.us](mailto:Carolyn.walters@eastorange.k12.nj.us) if you need to reach me. I

will respond to you within 24-48 hours.

## **Required text/E-book/Online Resources Used**

Glencoe Health Textbook

## **Quarterly/Unit Schedule**

### **Topics:**

Quarter/Unit I Dates:

- List of Topics/SLOs
  - Nutrition
  - Medicine and Drugs
  - STD/HIV/AIDS
  - Skills for Healthy Relationships

- Assignments/projects/Assessments
  - Homework will be assigned weekly
  - Major projects for the cycle not included Semester PBL
  - Bi-weekly/weekly quizzes
  - Unit Assessment/Chapter Test

*Cicely L. Tyson Community School for Performing and Fine Arts Middle/High School where:  
“ We aim high. We soar high.”*