



Cabrillo High School HEALTH Class Syllabus

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INTRODUCTION

Health Education is a required part of the California State school graduation requirements. Health Education is a comprehensive health education class that promotes healthy students in the school, home, and community environment. The involvement of school staff, community agencies, and parents is incorporated to help students achieve a high level of wellness. I am committed to help all students gain an appreciation of the lifetime benefits of perusing healthy living through activity, wellness appreciation, and social interaction.

COURSE OBJECTIVES

In this course students will develop their knowledge of concepts and skills that influence health promotion and disease prevention. Students will practice skills in communication, decision making, refusal, and goal setting along with evaluation facts and forming conclusions about health and engaging in a positive attitude about health information and related issues.

SEQUENCE OF TOPICS

The course covers 8 major national health standards. These are to include decision making, communication skills, and goal setting. The course also covers tough issues such as disease prevention, drugs and human sexuality. **Chapter 1-2: A Healthy Foundation, Chapter 3: Mental and Emotional Health, Chapters 6/8: Healthy a Safe Relationships, Chapter 10-11: Nutrition and Physical Activity, Chapter 20-22: Tobacco, Alcohol and Illegal Drugs, Chapter 16: Reproductive Health, Chapters 23-25: Disease and Sexually Transmitted Diseases, Chapters 26-27: Safety and Environmental Health.**

ASSIGNMENTS/PROJECTS

1. Health book chapters will be instructed by a power point presentation in conjunction with a chapter packet of lessons to be completed by the student in class. **Packets are due on or before the chapter test. The day after the test students will receive half credit. No late work will be accepted afterwards, unless you are absent.**
2. Research projects will be assigned in the technology lab. Information will be researched and presented in power point. **The assignment will need to be printed and submitted to the teacher.** Subjects to include: Goal Setting (Chapter 2), Physical, Mental /Emotional, and Social Health (Chapter 3), Tobacco (Chapter 20), and Alcohol (Chapter 21).

PROGRESS MONITORING

All grades will be determined on a semester basis. Progress report grades are posted every 6 weeks.

- A = 89% – 100%
- B = 79% – 88.9%
- C = 69% – 78.9%
- D = 59% – 68.9% (in danger of failing)
- F = 58% and below



Chapter-Lesson Packets 50%. Worksheets, video reviews, and chapter vocabulary review.

Tests – 30%. Chapter tests will be used to evaluate the student's cognitive knowledge of the health information reviewed.

Power Point Assignments 10%. Group or individual research using technology resources.

Warm Ups 10%. Daily questions to support chapter lessons and will be used for extra credit questions on the chapter tests.

Final Exams: A final exam will be administered during finals and will be 100 questions multiple choice on a Scan-tron answer sheet on all health chapters during the semester.

Binder: As an extra credit opportunity, students can earn credit by keeping an organized sectional binder in the following format: Syllabus, Alma Mater, Warm Ups, Packets, Tests, and Reports/class handouts.

Grades will be updated on a weekly basis and posted on Monday in the classroom and on "Q" (Zangle) for viewing. I expect the assigned work to be completed on the posted due dates, unless student is absent.

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Mark Bach



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AP Q&A World History Christina Giangrandi,2020-07-21 Barron s brand new AP Q A World History features 600 questions and explanations covering all AP World History concepts Practice includes all exam question types so students can apply the skills they learned in class and answer explanations help students review and understand the content AP Q A World History doesn t just explain why an answer is correct students will learn the rationale behind why each other answer choice is incorrect helping them understand the key concepts and how to apply them on exam day Practice questions and comprehensive explanations help students review history from the foundations of civilization circa 600 B C E to world cultures of the twenty first century AP Q A World History is specifically created to help students hone critical thinking skills and practice with all AP style question types such as multiple choice numeric response and short and long free response questions Looking for in depth content review along with realistic practice tests Try Barron s AP World History with Online Tests for even more prep *AP World History Quiz (300+ Questions and Answers)* BookCaps Study Guides Staff,2012-02-28

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Jay P. Harmon, 2012 REA's AP World History Crash Course is the first book of its kind for the last minute student or any AP student who wants a quick refresher on the course. Written by an AP World History teacher, the targeted review chapters prepare students for the test by only focusing on the important topics and themes tested on the AP World History exam. The easy-to-read review chapters in outline format cover everything AP students need to know for the exam: The Ancient Near East, The Middle Ages, Early Modern Europe, Asia, World War I, II, The Cold War, and more. The author also includes must-know key terms all AP students should know before test day. With our Crash Course, students can study the subject faster, learn the crucial material, and boost their AP score all in less time. The author provides key strategies for answering the multiple-choice questions so students can build their point scores and get a 5. *World History: Preparing for the Advanced Placement Exam* Phil Cox, David L. Drzonek, 2015-01-01. This comprehensive text is designed for a one-semester or one-year course for students preparing to take the Advanced Placement World History exam. **Mastering AP World History** Kate Nocca, Lauren Ortega, Chris Peek, 2018-10-24. Why should students have this book? First, this practice guide was written by three AP World History teachers with over 20 years of experience grading the AP World History Exam; they have seen it all and are sharing their expertise. Secondly, this guide can be used at any point in the school year. Writing prompts cover every era of history and are arranged in an easy-to-follow chronological order. The writing practice section contains six DBQs, twelve LEQs, and seventy-two SAQs. This guide also has THREE multiple-choice practice tests. The first multiple-choice test covers the first three time periods: Paleolithic era to 1500 C.E. and is designed to be taken halfway through the course to give students an idea of where they stand. The other two multiple-choice exams cover the entire course curriculum. All multiple-choice questions and writing prompts are tied to the key concepts of the course, and the answer key features comprehensive explanations and examples of student work. No other prep book offers this much practice material written to AP guidelines.

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