



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.

Apex World History Semester 1 Answers

Didier Musso



Apex World History Semester 1 Answers:

This book delves into Apex World History Semester 1 Answers. Apex World History Semester 1 Answers is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Apex World History Semester 1 Answers, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Apex World History Semester 1 Answers
 - Chapter 2: Essential Elements of Apex World History Semester 1 Answers
 - Chapter 3: Apex World History Semester 1 Answers in Everyday Life
 - Chapter 4: Apex World History Semester 1 Answers in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Apex World History Semester 1 Answers. The first chapter will explore what Apex World History Semester 1 Answers is, why Apex World History Semester 1 Answers is vital, and how to effectively learn about Apex World History Semester 1 Answers.
 3. In chapter 2, the author will delve into the foundational concepts of Apex World History Semester 1 Answers. The second chapter will elucidate the essential principles that must be understood to grasp Apex World History Semester 1 Answers in its entirety.
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 5. In chapter 4, this book will scrutinize the relevance of Apex World History Semester 1 Answers in specific contexts. This chapter will explore how Apex World History Semester 1 Answers is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Apex World History Semester 1 Answers. The final chapter will summarize the key points that have been discussed throughout the book.
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