



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.

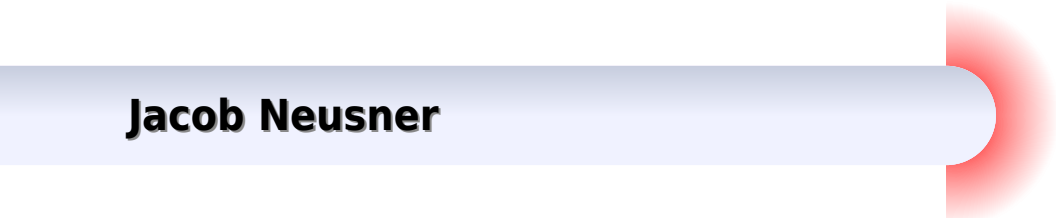
Final Exams: A final exam will be administered during finals and will be 100 questions multiple choice on a Scan-tron answer sheet on all health chapters during the semester.

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 Answers World History

Jacob Neusner



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Kaplan AP World History 2004 Kaplan, Mark Bach, 2004 As colleges continue to become more selective students who want to do well on the AP World History exam will rely on Kaplan to help them score higher and stand out from the competition

The New World History Ross E. Dunn, Laura J. Mitchell, Kerry Ward, 2016-08-23 The New World History is a comprehensive volume of essays selected to enrich world history teaching and scholarship in this rapidly expanding field The forty four articles in this book take stock of the history evolving literature and current trajectories of new world history These essays together with the editors introductions to thematic chapters encourage educators and students to reflect critically on the development of the field and to explore concepts approaches and insights valuable to their own work The selections are organized in ten chapters that survey the history of the movement the seminal ideas of founding thinkers and today s practitioners changing concepts of world historical space and time comparative methods environmental history the big history movement globalization debates over the meaning of Western power and ongoing questions about the intellectual premises and assumptions that have shaped the field

Studies in World History Volume 2 (Teacher Guide) James P. Stobaugh, 2014-03-18 Teacher guides include insights helps and weekly exams as well as answer keys to easily grade course materials Help make your educational program better use a convenient teacher guide to have tests answer keys and concepts An essential addition for your coursework team your student book with his convenient teacher guide filled with testing materials chapter helps and essential ways to extend the learning program

World History Jiu-Hwa Lo Upshur, 1991

McGraw-Hill's 500 World History Questions, Volume 1: Prehistory to 1500: Ace Your College Exams Jon Sterngass, 2012-04-30 A wealth of essential facts in the Q and A format that you want This book is the ideal way to sharpen your skills and prepare for exams Get the question and answer practice you need with McGraw Hill s 500 College World History I Questions to Know by Test Day Organized for easy reference and intensive practice the questions cover all essential college world history topics and include detailed answer explanations The 500 practice questions are similar to course exam questions so you will know what to expect on test day Each question includes a fully detailed answer that puts the subject in context This additional practice helps you build your knowledge strengthen test taking skills and build confidence From prehistory to 1500 this book covers the key issues in world history Prepare for exam day with 500 essential college world history questions and answers organized by subject Detailed answers that provide important context for studying Content that follows the current college 101 course curriculum

World History Simulations Max W. Fischer, 1993-04 Activities designed to bring the past into the present getting students involved with situations relevant to famous episodes in world history through simulations

One Right Answer, Infinite Wrong Answers: Why Humanity Is Addicted to Being Wrong David Sinclair, 2021-07-27 This is a book about the one objective truth of existence and the countless subjective falsehoods accepted as true by the vast majority of humanity This book focuses especially on New Age guru Ken Wilber s

fallacious system known as Integral Theory his theory of everything where he attempts to place a wide diversity of mystical theories and the teachings of various gurus into a single framework that supposedly explains everything Wilber's system is best summed up in his statement I have one major rule Everybody is right More specifically everybody including me has some important pieces of truth and all of those pieces need to be honored cherished and included in a more gracious spacious and compassionate embrace It is exactly this sentiment that underlies the New Age hegemony of relativism and subjectivism of everyone having their own experiences their own path their own truth In such a system it becomes impossible for people to reach the one absolute objective truth of existence which grounds everything In order to reach the Truth the task is not to pretend to people that they are all right but to show where they have gone wrong where they have strayed from reason and logic where they have succumbed to irrationalism via emotionalism sensory empiricism faith and mysticism Wilber adopts a fully irrationalist stance when he claims that the enlightened are what he calls trans rational i.e. they have somehow transcended reason and logic and thus reached the zone according to Wilber where they can apprehend Absolute Reality In fact Absolute Reality insofar as it is intelligible is nothing but the expression of the Principle of Sufficient Reason and its corollary Occam's razor How do we eliminate the infinite wrong answers to existence and reach the one infallible right answer to existence It's simplicity itself The answer to existence is the simplest and most rational possible Any answer that is not rational is irrational hence false Any answer that is not the simplest is wrong because reality would never privilege complexity over simplicity Reality necessarily follows the path of least resistance the most economic path It does not know how to introduce superfluous needless and pointless complexity You will never understand the answer to existence if the answer you support is against rationalism and against rational simplicity **World History** Irving L. Gordon, 1994

Finding Buddhists in Global History Jonathan S. Walters, 1998 Judaism and Christianity in the Age of Constantine Jacob Neusner, 2008-09-15 With the conversion of Constantine in 312 Christianity began a period of political and cultural dominance that it would enjoy until the twentieth century Jacob Neusner contradicts the prevailing view that following Christianity's ascendancy Judaism continued to evolve in isolation He argues that because of the political need to defend its claims to religious authenticity Judaism was forced to review itself in the context of a triumphant Christianity The definition of issues long discussed in Judaism the meaning of history the coming of the Messiah and the political identity of Israel became of immediate and urgent concern to both parties What emerged was a polemical dialogue between Christian and Jewish teachers that was unprecedented In a close analysis of texts by the Christian theologians Eusebius Aphrahat and Chrysostom on one hand and of the central Jewish works the Talmud of the Land of Israel the Genesis Rabbah and the Leviticus Rabbah on the other Neusner finds that both religious groups turned to the same corpus of Hebrew scripture to examine the same fundamental issues Eusebius and Genesis Rabbah both address the issue of history Chrysostom and the Talmud the issue of the Messiah and Aphrahat and Leviticus Rabbah the issue of Israel As Neusner demonstrates the

conclusions drawn shaped the dialogue between the two religions for the rest of their shared history in the West

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resistance band with one foot grasp the band with one hands palm up arms straight at your sides pull upward bending at

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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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web mar 30 2022 incline bench press this works the pectoral muscles in the front of your chest the anterior deltoids at the front of your shoulders and your triceps at the upper back of your arms for the exercise position you want to sit nearer the front of your chair then lean back slightly and rest your shoulders and upper back on the back of your chair

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