



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.

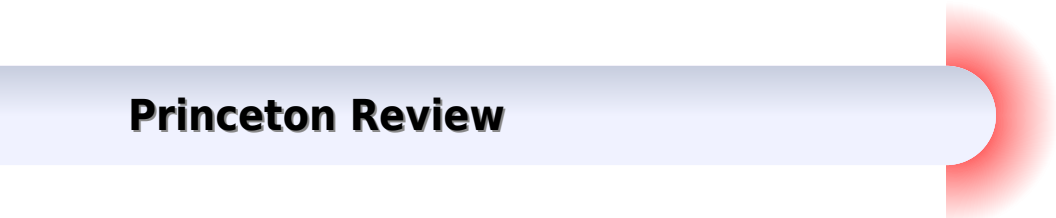
Final Exams: A final exam will be administered during finals and will be 100 questions multiple choice on a Scan-tron answer sheet on all health chapters during the semester.

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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Princeton Review



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AP World History Mark Bach,2009-01-28 Getting ready to tackle the AP World History exam Let REA put the world at your fingertips REA s World History flashcards offer AP students a fast and fun way to study for the exam Filled with 400 must study Advanced Placement World History questions and detailed answers this Premium Edition Flashcard Book helps you pinpoint your strengths and weaknesses so you can build your subject knowledge The multiple choice questions mirror the actual AP exam format and are chronologically ordered to cover all topics found on the AP World History exam A handy index lets you look up a particular subject area and review a specific historical time period This Premium Edition includes four test readiness quizzes and five world history timelines on CD Unlike most flashcards that come loose in a box our flashcards are bound in an easy to use organized book format These innovative flashcards are designed so students can write their answer to a question on the front of the card and then compare it to the answer on the back of the card With no loose cards to drop or misplace they re perfect for studying on the go 550 AP World History Practice Questions The Princeton Review,2014-01-28 THE PRINCETON REVIEW GETS RESULTS Get extra preparation for an excellent AP World History score with 550 extra practice questions and answers This eBook edition has been optimized for digital reading with cross linked questions answers and explanations Practice makes perfect and The Princeton Review s 550 AP World History Practice Questions gives you everything you need to work your way to the top Inside you ll find tips and strategies for tackling the AP World History Exam tons of material to show you what to expect on the test and all the practice you need to get the score you want Inside The Book All the Practice and Strategies You Need 1 comprehensive practice test Over 400 additional practice questions Step by step techniques for both multiple choice and free response questions Practice drills for each tested era 8000 BCE to 600 BCE 600 BCE to 600 CE 600 CE to 1450 1450 to 1750 1750 to 1900 and 1900 to the present Answer keys and detailed explanations for each drill and test question Engaging guidance to help you critically assess your progress

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 Over 300 questions and Answers are included in this study guide to help you prepare for the AP World History exam *AP World History Modern, Fifth Edition: Flashcards: Up-to-Date Review* Barron's Educational Series,Lorraine Lupinskie-Huvane,Kate Caporusso,2023-07-04 Be prepared for exam day with Barron s Trusted content from AP experts Barron s AP World History Modern Flashcards Fifth Edition includes more than 400 up to date content review cards Written by Experienced Educators Learn from Barron s all content is written and reviewed by AP experts Build your understanding with review tailored to the most recent exam Get a leg up with helpful suggested activities for developing your historical thinking skills it s like having a trusted tutor by your side Be Confident on Exam Day Strengthen your knowledge with in depth review covering all units on the AP World History Modern exam Find specific concepts quickly and easily with cards organized by time period Learn to make connections between topics across the 9 units by reviewing the theme covered on each card and how cards with similar themes are connected Check out Barron s AP World History Modern Premium for even more review full length practice tests and access to Barron s Online Learning Hub for a timed test option and scoring Looking for more ways to prep Check out Barron s AP World History Podcast wherever you get your favorite podcasts AND power up your study sessions with Barron s AP World History on Kahoot additional free practice to help you ace your exam

AP World History: Modern Premium, 2025: Prep Book with 5 Practice Tests + Comprehensive Review + Online Practice John McCannon,2024-07-02 Be prepared for exam day with Barron s Trusted content from AP experts Barron s AP World History Modern Premium 2025 includes in depth content review and practice It s the only book you ll need to be prepared for exam day Written by Experienced Educators Learn from Barron s all content is written and reviewed by AP experts Build your understanding with comprehensive review tailored to the most recent exam Get a leg up with tips strategies and study advice for exam day it s like having a trusted tutor by your side Be Confident on Exam Day Sharpen your test taking skills with 5 full length practice tests 2 in the book and 3 more online plus detailed answer explanations and or sample responses Strengthen your knowledge with in depth review covering all units and themes on the AP World History Modern exam Reinforce your learning with AP style practice questions at the end of each unit that cover frequently tested topics from the chapters and help you gauge your progress Practice your historical thinking skills and making connections between topics by reviewing the broad trends including governance cultural developments and interactions social interactions and organizations and more that open each section of the book Robust Online Practice Continue your practice with 3 full length practice tests on Barron s Online Learning Hub Simulate the exam experience with a timed test option Deepen your understanding with detailed answer explanations and expert advice Gain confidence with scoring to check your learning progress Looking for more ways to prep Check out Barron s AP World History Podcast wherever you get your favorite podcasts AND power up your study sessions with Barron s AP World History on Kahoot additional free practice to help you ace your exam **Cracking the AP World History Exam 2018, Premium Edition** Princeton Review,2017-10-31

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Summer 2017 College Board revisions to the course and exam description Teachers can assign the book as the course textbook or as a supplement to a college level textbook **AP World History** 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

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web the wsm is an annual international event attracting some well built men on earth it began in 1977 who is the strongest man in the world take a closer look at some of the strongest men in the world exploring their accomplishments and more 20 andy bolton full name andrew bolton date of birth 22 january 1970 age 53 years old as of 2023

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web a beautifully animated tale from nigeria about a man whose boasting lands him in trouble obasi is not as strong as he believes or claims to be and his arrogance almost gets him killed

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web the world s strongest man is an international strongman competition held every year organized by american event management company img a subsidiary of endeavor it is broadcast in the us during summers and in the uk around the end of december each year

2020 world s strongest man wikipedia - Jun 28 2023

web the 2020 world s strongest man was the 43rd edition of the world s strongest man competition it took place in bradenton florida between november 11 and 15 oleksii novikov of ukraine won the competition for the first time in his career with tom stoltman of great britain taking second and jean francois caron of canada taking third

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web jan 25 2015 the strongest man directed by kenny riches with lisa banes ashly burch paul chamberlain nancy fong the strongest man is a miami centric comedy about an anxiety ridden cuban man who fancies himself the strongest man in the world in a quest to recover his most beloved possession a stolen bicycle he finds and loses

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web apr 23 2023 while the defending wsm champion tom stoltman won the event second place finisher mitchell hooper has become the 2023 world s strongest man based on the point standings at the end of the five day competition tom stoltman 5 stones 33 26 seconds mitchell hooper 5 stones 36 96 seconds trey mitchell 5 reps 45 72

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web jul 14 2023 after impressively reigning as the world s strongest man for consecutive years stoltman lost the title on sunday april 23 closely behind champion mitchell hooper stoltman had a bad start on

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web the 2021 world s strongest man was the 44th edition of the world s strongest man competition an event that took place in sacramento california from june 15 to june 20 2021 1 the defending champion was oleksii novikov of ukraine however he failed to progress to the final after coming fourth in his heat

the strongest man in the world wikipedia - Jun 16 2022

web the strongest man in the world is a 1975 american science fiction comedy film directed by vincent mceveety produced by walt disney productions and starring kurt russell joe flynn in his first of two posthumous roles and eve arden it was the third and final film for the series dexter riley

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web mark felix paul smith jean stephen coraboeuf 6 originally pavlo nakonechnyy of ukraine and cheick sanou iron biby of burkina faso were set to compete in this competition but both withdrew through injuries being replaced by reserves thomas evans and kristján jón haraldsson respectively

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in sacramento california from may 24 to may 29 2022 the contest was won by tom stoltman with this being his second consecutive title

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web aug 11 2023 the sun reports shaw has won the world s strongest man competition four times he is one of only five men to have won four world s strongest man competitions brother of the revered tom stoltman luke the highland oak stoltman is also world famous for his athletic feats as a strongman the stoltman brothers website

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web sep 26 2023 jack came fourth at his first strongman champions league event in england while also coming tenth at the arnold s uk and competing at the giants live world tour finals in 2023 he reached his first britain s strongest man finals and came second at the scl in england all in all since starting strongman jack has gone from

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web the 2023 edition of the icc men s odi world cup is set to start in nine days india will open its campaign in the odi world cup 2023 on october 8 against australia in chennai ahead of the start

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