** CAPITAL HIGH SCHOOL**

**HEALTH EDUCATION SYLLABUS**

**Jacqui Engstrom**

**Teacher Page:** http://chs.helenaschools.org/teachers/jengstrom/

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**Phone:** 324-2599

**Materials:** Notebook, Binder and Pen or Pencil, Books accessible online

**Course:** 9210 Sophomore Health .5 Credit

**Newsletter:** https://sway.com/5FYizTAjEm04Azpv?ref=Link

**Course Description:**

This goal of this course is to create an environment that allows students to develop the skills necessary to make healthy informed decisions. Students will leave this class with an understanding of basic health concepts.

**Course Content:**

*The course textbook will be available online. You can find the link on my teacher page.*

We will cover the following units in class:

* A Healthy Foundation
* Mental and Emotional Health
* Healthy and Safe Relationships
* Nutrition and Physical Activity
* Personal Care
* Growth and Development
* Drugs, Alcohol and Tobacco
* Diseases and Disorders
* Safety and Environmental Health
* Human Reproduction and Sex Education

**Class Rules and Expectations:**

**B**e Respectful and

**R**esponsible

**U**nderstand expectations

**I**nspire yourself and others around you

**N**ourish your body so your mind can learn

**S**afety is a priority

**Grading Policy and Breakdown:**

Student grades will be a cumulative total of all points received throughout the semester. Points will be given for student participation, homework, in class assignments, quizzes, tests and projects. Make-up work will be accepted in compliance with school and district policy. Students are responsible to communicate with the teacher any absences and missed assignments.