

# Launch Health

Course Information:

0.5 Credit

Asynchronous Canvas Course

Course Site: <https://akgrad.instructure.com/>

**Description:** This one semester course assists students in the continual development of skills needed to improve the quality of life. The course emphasizes the physical, social, and mental dimensions of people so that the students become better consumers of health information. It offers students an opportunity to evaluate health practices, products and services.

Note, this health course includes instruction on potentially sensitive topics. The content is age appropriate. However, we recognize that the lived experiences of some students may render the material difficult to process. Thus, we encourage you to review the online curriculum before your student begins the course.

**Course Organization:** The course is divided into twenty-eight lessons contained in eight units. Lessons are mostly text with some links to outside resources. Lessons are followed by a quiz and/or assignment(s).

## **Materials Required:**

- Computer or tablet with Internet access

**Academic Dishonesty:** With most correspondence courses as well as AKGrad & YKSD, honesty of parents and students is essential. If an AK Grad teacher confirms that a student has plagiarized work or used AI, the student will receive a 0 and be subject to consequences determined by their school of record.

**Grading:** In this course you will be graded on quizzes, assignments, study guides, and post-assessments.

- **Quizzes/Tests:** Quizzes and tests are mostly computer scored and you can see your incorrect answers immediately so you can retake if necessary. The question format is largely multiple choice but can also include fill-in-the-blank, matching, or short answer. It is also permissible to use notes, study materials, and books on the quizzes. You have 2 tries to take each quiz and additional attempts can be given upon request.
- **Assignments:** There are 8 assignments that require you to create a document or media to demonstrate your understanding of the material. Assignments are

teacher graded. Assignments are scored on how well you backup your answers with evidence from the course material and your investigations.

- **Study Guides:** You will submit one study guide for each of the eight units. Study guides can be found at the beginning of each unit.
- **Post-Assessments:** Post-assessments are cumulative. There is a post-assessment at the end of each quarter.

The following grading scale will be used for determining your final grade. After completing the course with a "D-" or better you will receive 0.5 Carnegie credit from the Yukon Koyukuk School District.

Percent	Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
< 60%	F

**Course Schedule:** Though you are in charge of your own schedule, we will encourage you to create a schedule for completing the course. As your teacher, I will support you in meeting your goals. A pacing guide is provided in the course. The following is a list of Units that need to be completed.

**Units:**

<b><u>Quarter 1</u></b>	<b><u>Quarter 2</u></b>
<ul style="list-style-type: none"><li>● Unit: Health and Wellness</li><li>● Unit: Mental and Emotional Health</li><li>● Unit: Human Growth and Development</li><li>● Unit: Building Healthy Relationships</li></ul>	<ul style="list-style-type: none"><li>● Unit: Diseases and Disorders</li><li>● Unit: Tobacco, Alcohol, and Drugs</li><li>● Unit: Safety and First Aid</li><li>● Unit: Physical Fitness and Nutrition</li></ul>

**Subject to Change**

This syllabus and schedule are subject to change in the event of extenuating circumstances. Your instructor will notify you of changes via Spark announcements.