

Syllabus



Course Description.

This course will focus on living a healthy lifestyle, which includes these big ideas: mental, emotional, and physical health; nutrition and exercise; developing healthy relationship skills; and prioritizing safety.

Prerequisites

There are no prerequisites for this class.

Course Materials

There are no textbooks required for this course; all content is included in the lesson pages.

Due Dates

The due dates in the course are only suggestions to help the students pace themselves. You do *not* need to complete assignments, quizzes, and exams by the due date set in the course.

Course Outcomes

As students complete the course assignments, they will increase their knowledge, improve a 21st-century skill, and develop an attribute.



Knowledge: Health

In this course, *knowledge* refers to the subject matter and content students will learn while completing the readings, practices, quizzes, and assignments.

On successful completion of this course, students will be able to do the following:

1. Comprehend concepts related to health promotion and disease prevention.
2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Access valid health information, products, and services.
4. Use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Use decision-making skills to enhance health.
6. Use goal-setting skills to enhance health.
7. Practice health-enhancing behaviors and avoid or reduce health risks.
8. Advocate for personal, family, and community health.



21st-Century Skill: Creativity—Openness and Courage to Explore

As students complete this course's assignments, they will gain skills in *Openness and Courage to Explore*. This skill is part of Creativity.



Attribute: Responsibility

This course focuses on developing the attribute of *Responsibility* in the context of Health.



Grading and Assignments

The letter grade in this course will be based on these assignments and exams.

Assignments and Exams

Assignment or Exam	Grading	Percent of Total Grade
15 Study Guides	Computer-Graded	5%

Assignment or Exam	Grading	Percent of Total Grade
4 Application Assignments	Teacher-Graded	40%
14 Module Quizzes	Computer-Graded	25%
Midcourse Quiz	Computer-Graded	10%
Final Exam	Computer-Graded	20%

Study Guides

Study guides are documents with prompts for students to take notes on the main concepts and information. They are automatically graded on completion, so students get full credit for submitting them. Thus, there are no resubmissions for content guides.

Application Assignments

Application assignments ask students to apply what they are learning to a real-world situation.

Module Quizzes

Module quizzes are open-book and computer-graded. They check the students' comprehension of the readings.

Midcourse Quiz

This computer-graded quiz will cover the material in modules 1–8. The questions on the midcourse quiz will be similar in format to the questions on the final exam.

Final Exam

The final exam covers material from the entire course but includes more questions from modules 9–15.

Course Grade

The letter grade will be calculated according to these percentages.

Percent to Letter Grade Calculation	
A	100%–93%
A–	<93%–90%
B+	<90%–87%
B	<87%–83%
B–	<83%–80%
C+	<80%–77%
C	<77%–73%
C–	<73%–70%
D+	<70%–67%
D	<67%–63%
D–	<63%–60%
F (fail)	<60%–0%