

# Syllabus & Pacing

## 1.) Course Description & Requirements

### 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 Materials

All courses require you to have access to a working computer and to the Internet.

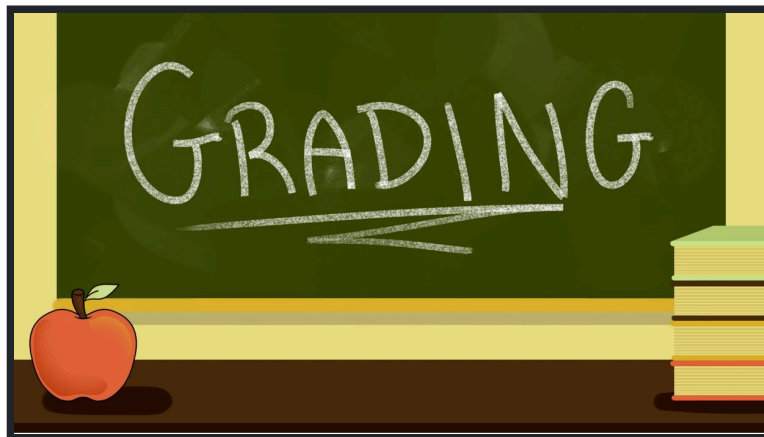
All course work will be completed and graded through a digital learning management system known as Spark.

### Course Requirements

Students are required to do all testing on a computer. Any sign of cheating or plagiarism will result in an automatic 0 for that assignment.

All assignments will be graded through Spark. Any attachments must be made in a word document file and turned in through Spark or instructor.

## 2.) Grade Breakdown



### Grading Procedures

A 94-100%	C 73-76%
A- 90-93%	C- 70-72%
B+ 87-89%	D+ 67-69%
B 83-87%	D 63-66%
B- 80-82%	D- 59-63%
C+ 77-79%	F 58% or below

### Grade Weight Groups:

- Assignments: 65% (There are 33 assignments)
- Post-Assessment: 20% (There are 2 post-assessments)
- Quizzes: 15% (There are 17 quizzes)

Parents/Guardians will be able to observe and view their student's progress through Spark.

## 3.) Pacing Guide

### Tentative Course Schedule

Students will be allowed to complete the course at a pace that best suits them. The students will be responsible for completing and turning in all assignments according to their individual needs.

There are 10 units in each term/quarter. A student may choose to go FASTER. Below is a suggested pacing guide. However, make sure to look at your school's deadlines, to ensure that you are completing courses on track. Some schools have an average of 8-10 weeks, per term. This is a 10-week pacing guide but can be done quicker.

Week 1	Unit: Welcome! Unit: Begin Here
Week 2	Unit: Healthy & Wellness Unit: Decision Making & Goal Setting
Week 3	Unit: Identifying Health Risks Unit: Emotional & Mental Health
Week 4	Unit: Stress & Stress Management Unit: Mental & Emotional Health
Week 5	Unit: Human Development & Reproduction Unit: The Human Life Cycle
Week 6	Unit: Building Healthy Relationships Unit: Term 1 Post-Assessment
Week 7	Unit: Infectious/Communicable Diseases Unit: NonCommunicable Diseases
Week 8	Unit: Tobacco, Vaping & Marijuanas Unit: Alcohol & Drug
Week 9	Unit: Safety & First Aid Unit: Nutrition & The Role In The Body

Week 10	Unit: Healthy Living & Food Unit: Physical Activity, Fitness & Your Health Unit: Term 2 Post- Assessment & Course Evaluation
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