



Becker Middle School

Course Syllabus:

7th Grade Health

Course Objective:

The 7th grade Health curriculum is designed to provide students with the information needed to make good health decisions. The units covered in this course will focus on motivating each student to voluntarily take a role in protecting, maintaining, and improving their health through responsible actions and decisions. While learning that decision-making is the single most important aspect of your overall health as an individual.

Goals:

The goal of this course is to provide students with the knowledge and resources they need to make responsible and well-informed decisions about their health. Along with, offering examples of how they can apply this knowledge to their physical, emotional/mental and social health in order to lead a happy healthy life while maintaining their quality of living throughout a lifetime.

Textbook:

Holt "Decisions for Health" Level Blue

Units that will be covered:

1. Health and Wellness
2. Our Body Systems
3. Physical Fitness
4. Human Growth and Development and Stages of Life
5. Tobacco, Alcohol and Other Drugs
6. Infectious and Non-Infectious Diseases
7. 1st Aid and Safety
8. Health and Environment

Assessments:

Students will be graded throughout the quarter on research projects, assignments, exams, small group discussions, role-play activities and daily participation.

Extra Credit:

Throughout the quarter there will be opportunities for students to earn extra credit. Students will be required to read a current health article found in newspapers and credible magazines, complete the extra credit form and hand in to gain the extra points.

Make-up work:

Any class notes, class work, assignments or test missed due to an absence must be made up within 5 class days from when the student returns to school. It is the responsibility of the student to see that make-up work is done outside of the regular class period. If this time frame is exceeded, only partial credit will be given.

Classroom Rules/Expectations:

1. Respect teacher, peers, self, and environment at all times.
2. Come to class prepared and on time.
3. Participate in class discussions and activities. Be an ACTIVE learner!
4. Complete all work and assignments on time and on own unless otherwise stated.
5. No pop, candy, food or gum is allowed in class.
6. Remain seated until class is excused.

All students will be expected to follow all school rules of conduct each day as well as specific classroom rules and expectations. Failure to follow class rules will result in actions taken in a manner depending upon the severity of the problem.

Materials needed:

1. Health book
2. Notebook
3. Pencil
4. Pocket folder

All of these items are required everyday for class. You will not be allowed to go to your locker if you forget any of these items!

Grading:

Total points earned.

A = 100%-94%	C = 76%-74%
A- = 93%-90%	C- = 73%-70%
B+ = 89%-87%	D+ = 69%-67%
B = 86%-84%	D = 66%-64%
B- = 83%-80%	D- = 63%-60%
C+ = 79%-77%	F= Below 60%

Communication:

Parents and students are encouraged to communicate with myself at any time with questions, comments, or concerns. My contact information is below and can also be found on my website: www.rachelwatkins.weebly.com.

Mrs. Watkins
763-261-6300 ext. 4209
rwatkins@becker.k12.mn.us

Parents and students: Please sign below after reading the course description for 7th grade health and return to me.

Parent: _____ Parent Email: _____

Student: _____