



NWMS Health Department Course Syllabus

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Course Name: 7th Grade Health

Course Description: Students will learn proactive and preventative measures to ensure lifelong wellness.

Our content in 7th grade focuses on the Four Areas of Wellness:

Physical - Emotional - Social - Mental HEALTH

Plan of Study for 18-weeks/semester The following is our course outline: (Units may be covered out of order due to school calendar and guest speakers.)

Textbook: Teen Health - by Glencoe (McGraw Hill)

Chapter HSH Health Skills Handbook

Chapter 3 Building Character

Chapter 4 Bullying & Cyberbullying

Chapter 1 Building Healthy Relationships

Chapter 5 Mental & Emotional Health

Chapter 12 Personal Health Care

Chapter 9/10 Nutrition/ Physical Activity

Chapter 13 Body Systems

Chapter 2 Dating Relationships & Abstinence

Chapter 11 The Life Cycle

Chapter 18 Communicable Diseases FLASH HIV/AIDS, Reproductive Health

Chapter 7 Conflict Resolution

Chapter 8 Violence Prevention

Chapter 14, 15, 16, 17 Tobacco, Alcohol, Drugs, Using Medicines Wisely

Chapter 19 Noncommunicable Diseases

Chapter 20 Safety

Chapter 21 Green Schools & Environmental Health

Late Work

Work Habits	Work Habits assignments not completed on time cannot be made up.
Formative Assessment	Formative assessment assignments may be completed late until the end of that unit.
Summative Assessment	Late work accepted within 2-4 week window Possible late work reflection (completed on due date). Late work will not be accepted after the end of the semester.

Re-Do Policy

Students have the opportunity to re-do summative assessments during a time after the graded work has been returned (typically 2 weeks). Students should make plans ahead of time with the teacher (ie: re-do contract, appointment) and should show evidence of continued learning.

Examples of evidence of continued learning

- Complete unfinished formative work
- Corrections
- Reflection/analysis
- Seek extra help
- Additional practice

Extra Help

Students are encouraged to seek extra help on their own as soon as they recognize that they are struggling. Also, teachers may assign students to come in for extra help when they see a student falling behind or struggling.

Teachers are available before and after school to provide extra help for students on a regular basis. Teachers will provide a schedule of extra help times that they will be available in their classroom.

