

# OHHS Career and Technical Education Family Health Syllabus



**Course Name:** Family Health

**Course Code:** HFO100

**Duration:** 1 Trimester, 0.5 credit

**Course Description:** The family health education class is a required semester class for graduation taken during the 9th grade year. The course provides a relevant course of study in sexuality and relationship issues, nutrition and weight management, safety, emotional health and coping skills (teen suicide, domestic violence, etc.) and drug education. The class focuses on these areas using problem solving and communication skills, helping teens learn to deal with these issues now and in the future. [Qualifies for Health and Career & Tech dual credit option.].

**Prerequisites:** None

## **Course Resources:**

- Textbook: *Glencoe Health*, published by McGraw Hill Education ©2015
- Project SUCCESS
- Signs of Suicide
- High School F.L.A.S.H. (Family Life and Sexual Health)
- American Heart Association Hands-Only CPR & AED training
- Supplemental materials include: websites, videos, library books, and guest speakers

**Course Fees:** None

## **Course Outline/Instructional Units**

- The purpose of health education is to develop students who acquire the knowledge, and possess the skills, needed to engage in meaningful and health-enhancing lifetime behaviors, especially in the areas of wellness, safety, nutrition, social-emotional health, substance use and abuse, and sexual health.
- Skills to be assessed:

- Accessing Information:
  - Topic: Recognizing Reliable Resources
  - Topic: Evaluating Supplements
  - Topic: Determining website validity
  - Topic: Evaluate the validity of health information, products, and services related to nutrition.
  - Topic: Identify unhealthy foods to avoid and research healthier alternatives
- Advocacy:
  - Topic: What is advocacy?
  - Topic: Becoming an advocate
  - Topic: Finding evidence
  - Topic: Collaborating for a cause
  - Topic: Helping teens stay tobacco and e-cig free
  - Topic: Campaigning for health
  - Topic: Promoting Recycling and impact of mass consumption
- Using Interpersonal Communication for Health and Wellness
  - Topic: What is effective interpersonal communication?
  - Topic: Identifying effective communication
  - Topic: What's your story?
  - Topic: Real-life relationships
  - Topic: Coping with criticism
  - Topic: Family finances
  - Topic: When friendships change
  - Topic: Asking difficult questions
  - Topic: Calling Emergency Services
- Conflict Resolution
  - Topic: Influences, influences all around
  - Topic: Web of influences
  - Topic: What would you do?
  - Topic: Perceptions, Norms, and Behaviors
  - Topic: Exploring the impact of media
  - Topic: Social Media and Technology
- Making Decisions That Improve Health Outcomes
  - Topic: Decisions? What Decisions?
  - Topic: Power and Influence
  - Topic: Using ethical tests to make decisions
  - Topic: How do I decide what to do?
  - Topic: Dangerous decisions and their impact on education, self, relationships, family, and careers
  - Topic: Only yes means yes
- Setting Goals for an Health Enhancing Lifestyle
  - Topic: Achieving individual goals
  - Topic: Helping a friend solve a problem
  - Topic: Dealing with an unsafe dating situations
  - Topic: There is life after high school... where do you want it to lead?
  - Topic: Introduction to dimensions of wellness
  - Topic: Creating a vision

- Topic: Recruit your champions
- Topic: One SMART celebration
- Refusal Skills
  - Topic: A drink at home
  - Topic: The lines of defense
  - Topic: Communicating sexual boundaries
- Practicing Healthful Behaviors and Stress Management
  - Topic: Developing healthy habits
  - Topic: Strategies for increasing happiness to decrease stress
  - Topic: Healthy Mind, healthy me
  - Topic: Understanding mental health
  - Topic: When to seek help and where to find it
  - Topic: Disease prevention
    - communicable and noncommunicable
    - Sexually transmitted disease including HIV and AIDS

**Projects/ Presentation and Assessments:** Projects and labs will be awarded points based on the amount of time contracted for a particular activity. A class period has a value of 20 points a day, based on an 60-day trimester. Units are approximates 4 weeks in length (3 Unit assessments and 3 presentations a trimester)

### **Daily Work:**

Students will have daily work in class and will be required to keep a folder for Health class only. Their folder will be kept in the classroom and will be used most days for journaling activities and note-taking. Students will not be given typical required homework outside of class, and are encouraged to have regular conversations with family members and friends about the concepts and topics being learned in this class. Students will have work outside of class depending upon the event or activity that is being planned by the group that student is in. All work will not be able to be completed in class.

**Work Habits (Ethics):** Strong work ethics are vital to getting and keeping a job for any extended period of time. Employers seek job candidate that poses a positive and safe work attitude. Employers expect their employees to show up to work on time and prepared to work. Professionalism – 10%

- Students earn 10 pts per day by being in clas, being on time, being prepared, being on task, doing their best, being respectful, acting appropriately and being safe.
- Points that were not earned due to being absent, being off task, not being prepared, etc. can be made up by coming into the class after hours to work or working at home (a work-make-up-slip can be found in the classroom and needs to be signed by a supervising adult).

## Weighted Categories

Category	Percentage of Overall Grade
Assessments, Projects, Presentations	70%
Daily Work	20%
Work Ethics (Professionalism)	10%

## Grading Scale:

Regular Scale	
Letter Grade	Percentage
A	93% and Above
A -	90%-92.99%
B+	87%-89.99%
B	83%-86.99%
B-	80-82.99%
C+	77%-79.99%
C	73-76.99%
C-	70-72.99%
D+	67%-69.99%
D	60%-66.99%
F	59.99% and Below

## RE-DO POLICY:

OHHS is an effort based school where we believe all students can learn. We also know that students learn at different rates. Thus, we are implementing a re-do policy that recognizes the needs of individual learners.

- 100% Re-do
  - Assessments (with exception of the Final semester exam)

- o Key Assignments: Evidence that demonstrates mastery of a standard
- Teachers may:
  - o require completion of supporting assignments prior to re-do opportunities for students to show they can meet the standard.
  - o require students to complete re-do of work outside of class time.
  - o limit the number of re-do opportunities for each assignment.
  - o assign zero grades when students choose not to do key assignments and/or assessments to standard.
- All opportunities for re-do work will come with a deadline as assigned by the teacher.

**Unit Tests** may only be redone if the student has no missing assignments for the given unit. Students have one week to inform the teacher that they plan on doing a retake. Retakes are done after school.

**Late work:** Late work will not be accepted any later than 2 weeks after the due date. Late work is not eligible for a redo. Late work will go down by one letter grade each week that the assignment is late.

**Attendance:** Students are expected to attend class. If you are not in class you will not receive a work habits grade for the day you were absent. Absenteeism is not an excuse for missing assignments. Students are expected to check with the teacher either before they are absent or after the absence(s) to make up work that is missed. Special arrangements can be made to make-up work but it is the **student's** responsibility to ask the teacher.

**Extra Help:** If you are falling behind in class or having a hard time understanding the concepts being taught, you have some options to help you succeed.

1. Come in before or after school to get help from the teacher or work on your projects.
2. Do your plans at home and use class time to build guitar.
3. Get help from fellow classmates.

**Clean-up Policy:** Everyone is assigned a job and is expected to clean up. If you do not clean up your assigned area you will **not earn** your work ethics points for that day.

#### **OHHS PLAGIARISM POLICY:**

Any student, who knowingly turns in any work that has been done by someone other than himself or herself, and fraudulently represents it as his/her own, shall be considered to have cheated. Cheating also includes: aiding someone else in cheating, the use or preparation of written, pictorial, electronic or other materials not authorized by the instructor during a test or assignment, the use of testing materials obtained previous to the test date, or plagiarism of any kind. Students found cheating will also be subject to an office referral, which could result in a suspension. As an effort based school, students who have plagiarized/cheated must still demonstrate their learning. Thus, students will be

given the opportunity to complete the work. This will fall under the “Late Work Policy” of the teacher where total possible points may be reduced.