

Health
Spring 2019

Instructor: Megan Swartz, LAT, ATC, LMT

Classroom: 1412

Contact Info: 425-837-7896 (office)
Email: swartzm@issaquah.wednet.edu
Class Website: skylinesportsmedicine.com

Course Description: This semester class will focus on making choices for a healthy lifestyle as well as preparing you to become leaders. Topics include decision-making, nutrition, reproduction, heredity, communicable and non-communicable diseases, human sexuality and development, CPR/First Aid, stress management, substance use and abuse, media analysis, conflict resolution, and goal setting. Students will be expected to apply practical health information to their everyday lives.

Tech Prep Eligible: This course is *Tech Prep College Connections* approved and articulated with *Bellevue College* and *Lake Washington Technical College*. Students who demonstrate proficiency of the college course competencies with a 'B' (3.0) grade or better *will be eligible* to earn college credit through the Tech Prep program. During the semester all of the college course competencies will be covered in class. Students must register online using the Statewide Enrollment and Reporting System (SERS) at <http://sers.techprepwa.org> and are also required to pay a non-refundable \$46 consortium fee to earn college credit through the Tech Prep CC program (<http://pay.techprepcc.org>). Registration opens December 1st and closes June 15th each school year. Students must register for Tech Prep credit while they are enrolled in the high school program. Fee waivers are available upon request. Questions? Contact the Tech Prep College Connections office at techprep@bellevuecollege.edu or (425) 564-6158. Please also visit our website at: www.techprepcc.org.

Required Materials:

- Pencils, pens, markers
- Binder or other organizational tool
- Notebook dedicated to this class or loose leaf lined paper in binder

Textbook

Health. Pruitt, Allegrante, Prothrow-Stith, 2014 – Pearson Prentice Hall Publishing

Grading:

93-100% A	77-79.9% C+
90-92.9% A-	73-76.9% C
87-89.9% B+	70-72.9% C-
83-86.9% B	60-69.9% D
80-82.9% B-	below 60% F

***I do not round grades**

Grades will consist of:

1: Assignments	30%
2: Assessments	30%
3: Leadership	20%
4: Final Exam	10%
5: Employability Skills	10%

Late Work: Late assignments will be accepted with a 10% deduction (from grade earned) each day late, but ONLY if it is completed and turned in by the end of the unit. Late work turned in after a unit test will receive no credit.

Grading Policy: All handwritten assignments must be legible. If I cannot read it, I cannot grade it. Point deductions may be given if assignments are not legible.

Attendance: In accordance with the school attendance policy, excused absences will receive no penalty, however it is your responsibility to inquire about missed work (see make-ups). There will be no opportunity to make up missed work for students with an unexcused absence. 5 or more tardies will result in a detention.

Make Ups: It is your responsibility to inquire about missed handouts, notes, assignments or other coursework. Check website and classroom crate for what you missed. Missed assignments/tests/quizzes can only be made up if you have an EXCUSED absence. You **must** make up tests/quizzes within 1 week.

Academic Honesty: *Honesty in all work is expected at all times.* Plagiarism or any other form of cheating is a serious offense and will result in a 0 for the assignment. Subsequent offenses will continue to follow school procedure outlined in the student handbook.

Class expectations:

- Be **present**
- Be **respectful** towards classmates, teacher, and classroom
 - Listen when others are speaking
 - Help keep classroom clean and organized
- Be **prepared** at start of class
 - Be in your seat and have necessary class materials out on desk
 - Get started on bell ringer for the day
 - Arriving at “bell” will be considered tardy
- Cell phones and other electronics are **not** allowed during class
 - Cell phones **will not** be tolerated during class unless *explicitly* told otherwise
 - All electronics, including headphones, should be stowed **in** your bags; any phones out will be confiscated for remainder of class
- Communicate
 - If you are struggling in class, seek help **early!** I want to see you succeed, but I cannot read your mind. Talk with me after class or by email.

Teacher Availability: Due to my additional responsibility of being the school’s athletic trainer, I am not typically available after school. My “office hours” are during A lunch, BY APPOINTMENT. Please let me know if you’d like to meet with me and I am happy to be here to chat with you. In addition, I can always be reached via email and tend to respond quickly.



Please sign and return this page of the syllabus to Mrs. Swartz by **Friday February 8, 2019**

Student Name (Please Print) _____

I have read and understand these course expectations.

Student Signature

Parent/Guardian Signature

Date

Please use the space below to communicate any concerns/comments/questions you want to share with the instructor.