

Coach Rasmussen's Health Class

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3rd Hr. Plan

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Rm. F112

Grading Procedure

- 34% Daily Work
- 46% Test and Quizzes
- 20% Semester Test

Resources to be used in class:

- Book: Prentice Hall Health
- Discovery Education Teens Talk Video Series DVDs
- Videos clips may include: (Live or Die, Go Ask Alice, Street Sense, In A Split Second, Super Size Me, When a Man Loves a Woman, Pay It Forward, But He Loves Me... Crystal Darkness, Pursuit of Happiness, The Truth about Drugs, and possibly others)
- Guest Speakers
- Internet, Magazines and Newspaper articles
- Permission slips may be sent home for speakers and videos on certain instances.

Class Requirements:

- Bradded folder with pockets and paper to be used for Health only
- pen or pencil
- One of the following:
A box of tissue, package of notebook paper or copy paper, bottle of hand sanitizer, glue stick or pair of scissors

UNITS and topics we will be covering:

Unit 1:

Making Healthy Decisions
Personality, Self Esteem, and Emotions
Managing Stress
Mental / Emotional Health

Unit 2:

Family Relationships
Preventing Violence
Food and Nutrition
Making Healthy Food Choices

Unit 3:

Movement and Coordination
CPR Training
Exercise and Lifelong Fitness
Personal Care

Unit 4:

Preventing Violence
Alcohol
Tobacco
Preventing Drug Abuse

Unit 5:

Building Healthy Peer Relationships
Infectious Diseases
Sexually Transmitted Infections and AIDS

Objectives of this class:

1. Teach the students decision making skills that will apply throughout their life.
2. Arm students with accurate information that will help make informed decisions.
3. Help students recognize that every decision they make can have a long term effect on them.
4. Students will connect that a healthy body and mind usually equates to a long happy life.

STUDENT NAME PRINTED:

PARENT SIGNATURE:
