

Health Class Syllabus
Powell Middle School Health Class

Course Objective:

Welcome to the Powell Middle School Health class. My name is Dr. Jack Dale and I consider it an honor to share in the Health Education of your child. I hold a Bachelor of Science in Health and Physical Education, Masters of Arts in Youth Education, Education Specialist degree in Educational Administration and Supervision and a Doctorate of Education in Educational Leadership. This is my 16th year to teach in the Knox County school system. I have an amazing wife who is also a Knox County Health and Wellness teacher and 2 wonderful children, Summer, is married and a graduate of Middle Tennessee State University. Jackson, our son, is also a graduate of Middle Tennessee State University.

It is obvious that I value education and I have dedicated my life to teaching young people to make wise choices so that they can enjoy life and live it to the fullest in healthy ways. The teenage years can be full of turmoil and uncertainty as they grow from childhood into adulthood. My goal is to help young people realize that the healthier they are the happier and more successful they can be.

Instruction:

This class will address the following health topics to help each young person with the challenges they face as they strive to grow into healthy and successful adults:

- 1. Health Triangle** – We will learn that in order to be healthy, we must make sure we are making wise choices in every area of our life. The 3 areas include our physical health, our mental/emotional health and our social health. We will explore how our choices can make a positive or negative impact on our health and well-being. This is the very foundation for a healthy life.
- 2. Nutrition & Physical Fitness** – We will review the importance of eating a balanced diet. Food portion sizes will be discussed along with how caloric intake impacts a person's health. Exercise for a healthy body will also be discussed.
- 3. Tobacco, Drugs, and Alcohol Abuse Prevention** – We will discuss why tobacco, drugs, and alcohol are a major health risk and the personal and social costs of dependency and addiction. The goal is to help students make good decisions about how to avoid use and abuse of these substances.
- 4. Diseases** – We will learn the difference between communicable and non-communicable diseases and will concentrate on certain diseases, such as asthma and diabetes. We will discuss prevention and treatment in order to decrease the spread of disease.
- 5. Anger Management** – Feeling angry is a normal reaction in many situations. Allowing anger to get out of control can have many negative results. The student will learn techniques to help them control and manage their anger and express their feelings of anger in a constructive way.
- 6. Self Esteem** – We will learn that Self-Esteem is the mental picture we have of ourselves and it is formed as a result of our perceptions of what others think of us and our past experiences. Students will learn how to develop a positive self-image and reverse negative self-talk.
- 7. Bullying & Conflict Management** – The student will learn techniques to not only deal with their own aggression, but also learn how to effectively manage aggression from others and find solutions to conflict that do not involve verbal and/or physical aggression.
- 8. Character Development** – Character boils down to who you are as a person-good, bad or somewhere in between. Students will learn how to develop good character traits in their lives including responsibility, integrity, kindness, and respect which will allow them to make healthy life decisions both now and later.
- 9. Dealing with Stress and Anxiety** – Teens face a great deal of stress in their daily lives including social, family and academic pressures. We will explore some techniques available to help students cope with the stress and anxiety in their lives.
- 10. Internet Safety and Social Media** – Students will learn how to navigate the internet and social media with an awareness of the potential dangers and issues they may come in contact with.

We will also touch on other topics which may include Safety, Epilepsy, Refusal Skills, Mental and Social Health, Depression and Suicide Prevention, HIV/Aids/STD's Prevention, Abstinence, Puberty and Hygiene.

General Pacing:

The topics are broad categories. Some will be covered in 1 or 2 days. Others will take 5 to 7 days. The topics very often overlap. Adequate time for instruction and discussion is provided during the 9 weeks of classes.

Materials: Teen Health Textbook Course 1, 2 and 3 - Glencoe/McGraw-Hill, Michigan Model for Health (and accompanied DVD videos) distributed by the Educational Materials Center Central Michigan University

Knox County Approved Guest Speakers**

** Opt-out letters will be provided for guest speakers upon request or found on PMS Health Class website

Family Life and Human Sexuality (Lucas Hurd)-6th & 8th grades, Mental Health 101 - Mental and Emotional Health-6th, 7th, 8th, Epilepsy Foundation – Epilepsy Education -7th, and Metropolitan Drug Coalition (Dangers of Substance abuse) 6th, 7th & 8th.

Knox County Approved Videos may include:

<u>TITLE</u>	<u>TOPIC</u>	<u>GRADE</u>
Bullying	Safety	All
In A Split Second	First Aid	All
The Human Machine	Body Systems	All
The Body Fantastic	Body Systems	All
Bill Nye The Science Guy	Various Topics	All
The Truth About Drinking	Alcohol	7 and 8
Alcohol: True Stories	Alcohol	6 and 7
Don't Drain Your Brain	Alcohol	6 and 7
The Truth About Drugs	Drugs	7 and 8
Truth or Dare	Tobacco	7 and 8
Too Smart To Start	Tobacco	6
The Truth About Body Image	Nutrition/Eating Disorders	7 and 8
Super Size Me	Nutrition	All
Live Right, Grow Right	Nutrition	6
My Plate	Nutrition	All
Honey Your Killing The Kids	Nutrition & Wellness	All
Pushing The Limits Series	Human Body Systems	All
Osmosis Jones	Immune System and Viruses	All
Hygiene (C.A.T.C.H.)	Physical Health	All
The 4 Qualities of a Good Decision	Mental/Emotional Health	7 and 8
Gum in my Hair	Choices	6 and 7
Famous Failures	Choices	All
How to Succeed in Middle School	Choices	All
The Wild Web	Bullying	7 and 8
I was Cyber-bullied	Bullying	7 and 8
Making Good Choices	Choices	7 and 8
Bully Bystander	Bullying	7 and 8
Conflict Resolution: Peer Pressure	Social Health	7 and 8
Respect for the Rules	Choices	All
Energy Balance	Wellness	All
Human Body in Action (various body systems)	Body Systems	All
Obesity in a bottle/Portion Size Me	Nutrition	All
Label Reading/Say No To Diets	Nutrition	All
Cracking the Code on advertisement	Disease Prevention	All
Cancer: Charlie Brown Leukemia	Disease	All
Flu with Hollie	Disease Prevention	7 and 8
Understanding HIV and Aids	Disease	7 and 8
Gross Out Tobacco	Substance Abuse	6 and 7
All You Need to Know about Prescription and OTC Drugs	Substance Abuse	7 and 8
Natural High	Substance Abuse	6 and 7
What's up with E-Cigarettes	Substance Abuse	7 and 8
All You Need to Know About Marijuana	Substance Abuse	All

Statement concerning the option of alternatives for material deemed objectionable by parent/student. If you do not approve of a specific resource or guest speaker listed in this syllabus, please make your request to me in writing and an alternative assignment and/or materials will be provided. The request should include your name, the child's name, the specific activity/materials in which you do not want your child to participate or to which you do not want them exposed, and the nature of your objection.

Expectations:

1. Students need to report to class on time.
2. Students need to be prepared with paper, pencil or pen and their agenda.
3. Students will be permitted to have water in class-no candy or gum.
4. Students should respect teacher, classmates, and guests.
5. Students should go to the restroom before class begins. Once class begins, students will be permitted to go to restroom for emergencies with signed agendas. They should sign restroom log and be mindful not to abuse this privilege.

Make-up/Late Work:

The student's grade will be based on points earned from work and participation during the 9 week grading period. Papers turned in without a name will be placed on a table by class. They must be claimed within a reasonable time frame in order to receive any credit. Late work will be accepted until 3 days before the mid-term grade reports or 3 days before the end of the 9-weeks depending upon time assignment was given. Students are expected to do their own work. A grade of 0 will be given for work that was not original by the student (i.e. copied or plagiarized).

Grading System:

Grading Scale: The accepted Knox County scale is used in this class and is as follows:
A 93-100, B 85-92, C 75-84, D 70-74, F 69 and below

Communication:

Information will be posted to the class web page. To access the PMS Health Class page, go the Aspen website and find the PMS Health icon. Click on the icon and then log in. The website will have dates for all special guest speakers, opt out forms and other important information.

If you have any questions, feel free to communicate with me through email at jack.dale@knoxschools.org.