

Holy Cross High School

Flushing, N.Y.

Mr. Maher
Course: Health

2018-2019

Curriculum

Here at Holy Cross, Health is administered by the Physical Education Department. Great emphasis is placed on personal safety, physical well-being, and hygiene, as well as emotional stability and social growth and development. The value of this course, as it is designed, is to serve students as they grow and develop into selfless, Christian adults. To that end, the text guides the class discussions and projects.

- Chapter 1 defines health and discusses how to make healthy decisions.
- In Unit 1, Chapters 2 & 4, the class identifies emotional health as well as mental disorders. A brief history of the treatment of the mentally ill in New York City aids in motivating students to delve deeper into this subject. A ***Suicide Prevention Workshop*** is also included in this course.
- In Unit 2, particularly in Chapter 7, the class discussions center around violence prevention as well as what to do in the event of violent incidents. Additional educational materials and visiting speakers are provided by ***N.Y.S. Citizen's Emergency Preparedness Corps***.
- Units 3 & 4 cover the systems that make up the human body. Systems and organs are identified and discussed in order to facilitate skill building exercises regarding nutrition, exercise, and disease prevention. Students will be introduced to ***Physical Fitness Programs*** and learn to measure their weight, body-fat content, pulse, and blood pressure.
- Unit 5 gives students an opportunity to discuss substance abuse, including tobacco, alcohol and frequently abused drugs. Publications from ***Alcoholics Anonymous World Group*** are used to facilitate these discussions.
- In Unit 6, the class discusses human sexuality and childbirth, using the text and selected readings from the ***American Medical Association's Family Medical Guide***.
- Units 7 & 8 deal primarily with disease control and hygiene. First Aid is also taught to the students with an introductory workshop on ***Cardiopulmonary Resuscitation*** as well as operating ***Automated Electronic Defibrillators***.

Textbook: Pearson Health

Students will be issued a textbook on the first day of class. After initial inspection for condition, students are responsible to COVER this textbook (no contact paper or tape touching book) to ensure that it remains in good condition for future Holy Cross students. Texts will be re-

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inspected and collected at the conclusion of the course. Failure to return the textbook will result in students being charged a replacement fee of \$88.00.

Google Classroom & Powerschool

Students should expect to be invited to enroll in Google Classroom within the first week of class. The class will be named after their section number. Parents and guardians will also receive invitations. Look for invitations through your **myhchs.org** gmail account. Health Google Classroom will not reflect students' grades, rather it is a posting tool for seeing what assignments are upcoming and other information that health students should find interesting. Any homework can usually be submitted through Google Classroom. To check students' grades, visit the PowerSchool page.

Preparation for Class

This Course meets for **38 minutes per day on 4 days per cycle** and runs for only **one semester**. Students must be seated quietly in their assigned seats when the start-bell rings and be in possession of the following:

1. Covered Health textbook
2. Chromebook or paper notebook
3. Pen
4. Proper uniform of the day
5. Holy Cross Student Identification Card

Homework

Homework is generally *reading chapter material in preparation for the following day's class*. To ensure the reading is done, oral quizzes are given based on the readings. Homework reading assignments will be posted on **Google Classroom**.

Tests

Once each quarter a brief test will be conducted, based on "Chapter Review" sections in the back of each chapter. In addition a final exam will be conducted at the end of the course. An in-depth review for this exam will be conducted in class and available on **Google Classroom**.

Grading Policy

HOMework/ORAL QUIZZES	20%
QUARTERLY TESTS	20%
CLASS PROJECTS	20%
CLASSROOM PERFORMANCE	20%
FINAL EXAM	20%

A passing grade for this course is 70%.