



Holy Cross High School
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Course: 1785- Health 2023-2024

Course Description:

During this half year course students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Course Objectives:

- Know how basic body systems work and interrelate in normal patterns of growth and development
- Possess basic knowledge and skills which support positive health choices and behaviors
- Understand how behaviors such as food selection, exercise, and rest affect growth and development
- Recognize influences which affect health choices and behaviors
- Know about some diseases and disorders and how they are prevented and treated
- Practice and support others in making healthy choices.

Textbook: Health (2014 edition)

All students will be issued this textbook at the start of the course. It is the student's responsibility to keep this book in good order as only books in good condition are issued. The textbook is to be returned in the same good condition upon the completion of the course. If damaged or lost the cost for replacing the textbook is \$93.00.

Required Resources:

The following resources are provided by the school:

- Textbook: Health (2014 edition)
- Chromebook

The following resources must be provided by the student:

- Notebook
- Pencils/Pens

The Notebook/Chromebook will become most important when it is time to study for an examination.

All test material will come from the notes taken in class.

Course Outline:

Mental Health: Making Healthy Decisions, Personality, Self-Esteem and Emotions, Managing Stress, Mental Disorders and Suicide

Drug Education: Alcohol, Tobacco and Preventing Drug Abuse

Human Sexuality: Adolescence and Adulthood, Reproduction and Heredity, Pregnancy, Birth and Childhood, Sexually Transmitted Infections and Aids

Physical Fitness: Movement and Coordination, Cardiovascular and Respiratory Health, Exercise and Lifelong Fitness

Nutrition: Food and Nutrition, Making Healthy Food Choices, Digestion and Excretion

First Aid: A Healthy Community and Environment and Preventing Injuries

General Wellness: Personal Care

Grading Policy:

1. Students will receive quarterly grades. In addition, a progress report is sent home at the mid-point of each quarter.
2. The quarterly grade will be determined by the following:

Tests:	60%
Quizzes:	20%
Homework:	20%
3. The passing grade is 70%.
4. Exams missed due to absence must be made up. Quizzes will be given at the discretion of the teacher.
5. There is no midterm exam for this class but there is a final exam which is worth 10% of your grade.

Homework:

1. Homework will be recorded on Google Classroom.
2. All homework assignments are to be handed in on time. Failure to do so will result in lost points in one's HW grade. If an emergency arises, and a student cannot complete the assignment, a note from a parent/guardian is necessary.
3. In the case of absence from school, it is the student's responsibility to make up the assignment.

Classroom Procedure:

1. All students are to be in class and in assigned seats before the bell. All conversations will stop.
2. All virtual students will be on time for online learning and participating appropriately
3. Good attendance is essential. Frequent absences can have a negative effect upon academic performance, and ultimately, the grade in the class.

Behavior:

All students are to show respect for themselves, their fellow classmates, and the teacher. The student Code of Behavior, as written in the **Student-Parent Handbook**, will be enforced.

PowerSchool:

Assignments are posted to PowerSchool on a unit by unit basis. This allows students and their parents/guardians to look ahead and see upcoming assignments and assessments. We highly recommend taking advantage of this resource.