

**Health Syllabus – Spring 2023**

**Mrs. Campos      Room 112      Prep Period: 4<sup>th</sup>      kcampos@northfork.k12.oh.us**

**Webpage:** <http://www.northfork.k12.oh.us/MrsKaylaCampos.aspx>

**Course Description:** The goal of this course is to empower students to make healthy life choices in hopes of improving their overall level of wellness. Students will be encouraged to develop a strong sense of self, to be above the influence of teen risk behaviors, to show them how to take responsibility for making healthy choices, and to learn to maintain optimum health and fitness for life.

**Course Objectives:**

1. Students will comprehend concepts related to health promotion & disease prevention.
2. Students will analyze the influence of family, peers, culture media, technology, and other factors on wellness levels.
3. Students will demonstrate the ability to access valid information, products and services to enhance wellness levels.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance wellness levels.
6. Students will demonstrate the ability to use goal-setting skills to enhance wellness levels.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community wellness.

**Course Topics**

Elements of health	Food Logs/MyFitnessPal	Eating Disorders
Stress & Sleep	Caffeine/Energy Drinks	CPR
Weight Management	Body Image/Media Messages	Vaping/Alcohol/Drugs
Heart Rate	Reading a Food Label	Serving Sizes
Nutrition	MyPlate Guidelines	Organ, Eye & Tissue Donation

**Classroom Expectations**

- Treat each other with respect & kindness.
- Be prepared with a pencil, a **charged** iPad and your class work.
- Be actively working on assignments given during class time.
- **NO FOOD OR DRINKS PERMITTED IN CLASS! (Exception: water bottles ONLY)**
- **NO cell phones, headphones or bookbags permitted.**

### ***Grading & Absent Work Policy***

- **Assignments will be into two sections:**
  1. **Assessments** – Tests, Quizzes & other project-based assignments.
  2. **Classwork** – In class work, homework & participation grade for certain activities.
- All assignments will be equally weighted.
- **LATE WORK:** Late work will not be accepted more than **2 weeks** after the assigned deadline, BUT LATE WORK WILL NOT BE ACCEPTED AFTER THE QUIZ FOR THAT MATERIAL HAS BEEN COMPLETED. A **50%** deduction will be taken off all assignments turned in late.
- **IPads:** Students should have their iPad charged & with them EVERY DAY! If students don't have their iPad ready for use during class, they may be expected to complete in class work at home without a deadline extension.

### **WHAT TO DO IF ABSENT?**

You are responsible for requesting/completing work missed when you are absent from class.

#### **-Please read my daily email any time you are not in class!**

-When you return to class – check under your class tray for any papers. There will be one with your name on it waiting for you!

-If you don't see an email from me or need more information – E-mail me!

Daily assignments can be emailed to students when requested, may be available on Progress Book or on Remind. ***You have 1 day for each day missed to complete & turn in your absent work.***

#### ***Email & Extra Help***

**Help:** If you need assistance with assignments, please let me know. I am available during U-Time, 4<sup>TH</sup> & 6<sup>th</sup> period to work with students. ***You MUST get a pass from me ahead of time!*** I will also make time before or after school as needed.

**E-mail:** Students can email me at [kcampos@northfork.k12.oh.us](mailto:kcampos@northfork.k12.oh.us) with questions about assignments. Email will only be used for class related items or to submit work to me. I do my best to respond to emails in a timely manner, but do not regularly check email after school hours. Even if it is after hours, please send me and email to let me know if you are having trouble with an assignment. This could result in extended time to complete your work if I am unable to respond before the assignment deadline.

**HEALTH: 3<sup>rd</sup> Nine Weeks**

<b>Date</b>	<b>Week 1</b>	<b>Topic of Discussion</b>	<b>Assignments</b>
1/3	Tues	Syllabus, Introduction-Elements of Health	
1/4	Wed	Introduction-Elements of Health	GN1: Elements of Health
1/5	Thurs	Health Triangle & Risk Factors	<i>Health Triangle Worksheet</i>
1/6	Fri	Learning Styles Inventory	

<b>Date</b>	<b>Week 2</b>	<b>Topic of Discussion</b>	<b>Assignments</b>
1/9	Mon	Stress Vulnerability Survey	<i>Stress Survey</i>
1/10	Tues	Stress Response & Relieving stress	GN2: Stress & Sleep
1/11	Wed	EVERFI Mental Wellness Basics Lesson	<i>Sleep Chart</i>
1/12	Thurs	EVERFI Lesson continued...	
1/13	Fri	<b>Quiz 1: Intro/Elements of Health</b> Finish EVERFI Lesson	

<b>Date</b>	<b>Week 3</b>	<b>Topic of Discussion</b>	<b>Assignments</b>
<b>1/16</b>	<b>Mon</b>	<b>NO SCHOOL</b>	
<b>1/17</b>	<b>Tues</b>	<b>NO SCHOOL - STAFF PD DAY</b>	
1/18	Wed	De-stressing Activity – Calm App or Meditation App	
1/19	Thurs	Weight Management Discussions	<i>Cutting Calories Wkst</i>
1/20	Fri	<b>Quiz 2: Stress &amp; Sleep</b>	

<b>Date</b>	<b>Week 4</b>	<b>Topic of Discussion</b>	<b>Assignments</b>
1/23	Mon	Heart rate/Heart health discussion	GN3: HR & Wt Mgmt.
1/24	Tues	<i>Heart Rate Calculations Practice Worksheet</i>	
1/25	Wed	Heart Rate Lab	<i>Heart Rate Lab</i>
1/26	Thurs	Nutrition Notes: Calories & Fats	GN4: Calories & Fats
1/27	Fri	continued...	

<b>Date</b>	<b>Week 5</b>	<b>Topic of Discussion</b>	<b>Assignments</b>
1/30	Mon	Fast Food Posters	<i>Fast Food Poster</i>
1/31	Tues	Fast Food Posters	
2/1	Wed	Fast Food Posters	
2/2	Thurs	<b>Quiz 3: Weight Mgmt., Calories &amp; Fats</b> Essential Nutrition Video	<i>Video GN &amp; <u>Quiz</u></i>
2/3	Fri	Catch up day	

<u>Date</u>	<u>Week 6</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
2/6	Mon	Exploring caffeine & sugar in energy drinks	<u><i>En. Drinks Wkst</i></u>
2/7	Tues	Exploring caffeine & sugar in energy drinks (cont.)	<u><i>En. Drinks Wkst</i></u>
2/8	Wed	Discussion	
2/9	Thurs	Nutrition Notes: Cholesterol & Carbohydrates	GN5: Carbohydrates
2/10	Fri	<b>Freshman Class Fundraiser Kick Off</b>	

<u>Date</u>	<u>Week 7</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
2/13	Mon	GN4: Calories & Fats	GN4
2/14	Tues	GN4: Calories & Fats continued...	
2/15	Wed	Serving Size Lab	<i>Lab Sheet</i>
2/16	Thurs	<b>Open Note Quiz 3: Weight Management &amp; Heart Rate</b>	
2/17	Fri	<b>NO SCHOOL</b>	

<u>Date</u>	<u>Week 8</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
2/20	Mon	<b>NO SCHOOL</b>	
2/21	Tues	<b>NO SCHOOL – STAFF PD DAY</b>	
2/22	Wed	How to read a Food Label PowerPoint	Food Label Workst.
2/23	Thurs	Food Label Scavenger Hunt	
2/24	Fri	continued...	

<u>Date</u>	<u>Week 9</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
2/27	Mon	Catch up Day	
2/28	Tues	<b>REMOTE LEARNING DAY – JUNIORS TAKE ACT</b>	
		Food Label Submission	
3/1	Wed	GN 5: Cholesterol & Carbohydrates	
3/2	Thurs	Portion Distortion Discussion	
3/3	Fri	<b>Guess the Sugar &amp; Fats Worksheet</b> <i>Guess the Sugar &amp; Fats Worksheet</i>	

<u>Date</u>	<u>Week 10</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
3/6	Mon	<b>Signs of Suicide Program – Guest Speaker</b>	
3/7	Tues	<b>Signs of Suicide Program – Guest Speaker</b>	
3/8	Wed	Catch up day	
3/9	Thurs	<b>NO SCHOOL – STAFF PD DAY</b>	
3/10	Fri	<b>NO SCHOOL – STAFF WORK DAY</b>	
		<b>End of 3<sup>rd</sup> Quarter</b>	

## HEALTH: 4<sup>th</sup> Nine Weeks

<u>Date</u>	<u>Week 11</u>	<u>Topic of Discussion</u>	<u>Assignments</u> 3/13
	Mon	<i>Scheduling with Mrs. Piatak</i>	
3/14	Tues	<i>Too Good For Drugs 1: Pathways Guest Speaker</i>	
3/15	Wed	<i>Scheduling with Mrs. Piatak</i>	
3/16	Thurs	<i>Too Good For Drugs 2: Pathways Guest Speaker</i>	
3/17	Fri	<i>Open Note Quiz 5: Nutrition Part 1</i> <i>Calories, Fats, Cholesterol, Protein &amp; Food Labels</i>	

<u>Date</u>	<u>Week 12</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
3/20	Mon	Intro to MyFitness Pal App – set up and how to record data	
3/21	Tues	Dangers of Vaping	
3/22	Wed	GN6: Proteins & Minerals	
<b>3/23</b>	<b>Thurs</b>	<b>NO SCHOOL – STAFF PD DAY</b>	
<b>3/24</b>	<b>Fri</b>	<b>NO SCHOOL – STAFF WORK DAY</b>	

<u>Date</u>	<u>Week 13</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
3/27	Mon	<i>Too Good For Drugs 2: Pathways Guest Speaker</i>	
3/28	Tues	<b>STATE TESTING – ELA 2</b> <i>Remote Learning Day – My Fitness Pal Food Tracking</i>	
3/29	Wed	EVERFI: Vaping/Know the truth Lesson	
3/30	Thurs	<i>Too Good For Drugs 3: Pathways Guest Speaker</i>	
3/31	Fri	Finish Everfi Vaping Lesson	
<b>4/3-4/7</b>		<i>Spring Break</i>	

<u>Date</u>	<u>Week 14</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
4/10	Mon	<i>Eating Disorders Discussion</i>	
<b>4/11</b>	<b>Tues</b>	<b>STATE TESTING – BIOLOGY</b> <i>Remote Learning Day – My Fitness Pal Food Tracking</i>	
<b>4/12</b>	<b>Wed</b>	Body Image & Media Messages Lesson	
<b>4/13</b>	<b>Thurs</b>	<b>STATE TESTING – ALGEBRA/MATH2/GEOMETRY</b> <i>Remote Learning Day – My Fitness Pal Food Tracking</i>	
4/14	Fri	<b>NO SCHOOL – GOOD FRIDAY</b>	

<u>Date</u>	<u>Week 15</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
4/17	Mon	<i>Too Good For Drugs 4: Pathways Guest Speaker</i>	
<b>4/18</b>	<b>Tues</b>	<b>STATE TESTING – US HISTORY</b> <i>Remote Learning Day – My Fitness Pal Food Tracking</i>	
4/19	Wed	MyFitnessPal Analysis	<i>MFP Analysis</i>
<b>4/20</b>	<b>Thurs</b>	<i>Too Good For Drugs 5: Pathways Guest Speaker</i>	
4/21	Fri	<b>Quiz 6: Food Groups, Fitness &amp; Eating Disorders</b> My FitnessPal Analysis Discussion – My Fitness Pal Analysis Lab Sheet Due	

<u>Date</u>	<u>Week 16</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
4/24	Mon	CPR	
<b>4/25</b>	<b>Tues</b>	<i>Too Good For Drugs 6: Pathways Guest Speaker</i>	
4/26	Wed	CPR	
<b>4/27</b>	<b>Thurs</b>	<i>Too Good For Drugs 7: Pathways Guest Speaker</i>	
4/28	Fri	CPR	

<u>Date</u>	<u>Week 17</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
<b>5/1</b>	<b>Mon</b>	Organ, Eye & Tissue Donation	<u>WebQuest</u>
<b>5/2</b>	<b>Tues</b>	<i>Too Good For Drugs 8: Pathways Guest Speaker</i>	
5/3	Wed	<i>LifeLine of Ohio Virtual Presentations</i> Organ, Eye & Tissue Donation Discussion	
5/4	Thurs	Body Image & Self Esteem – Media Messages?	
5/5	Fri	Body Image & Self Esteem – Continued	

<u>Date</u>	<u>Week 18</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
5/8	Mon	EverFi Lesson: AlcoholEDU	
5/9	Tues	State alcohol laws	Worksheet
5/10	Wed	Finish & Discuss Alcohol Laws in Ohio	
5/11	Thurs	EVERFI: K12 Prescription Drug Safety Lesson	
<b>5/12</b>	<b>Fri</b>	<b>Quiz 7: CPR, Organ Donation, Alcohol, Vaping</b> Pharm Party Activity Pharm Party Packet	

<u>Date</u>	<u>Week 19</u>	<u>Topic of Discussion</u>	<u>Assignments</u>
5/15	Mon	Danger of Screen Time (continued)	
5/16	Tues	Dangers of Screen Time	
5/17	Wed	Dangers of Screen Time	
5/18	Thurs	Distracted Driving-impactteendrivers.org	
5/19	Fri	Semester Exam Review	

<b>Date</b>	<b>Week 20</b>	<b>Topic of Discussion</b>	<b>Assignments</b>
5/22	Mon	SEMESTER EXAMS	
5/23	Tues	SEMESTER EXAMS	
5/24	Wed	SEMESTER EXAMS	*Last Day for Students*
5/25	Thurs	<i>TEACHER WORK DAY</i>	