

SYLLABUS FOR HEALTH

Freshmen –First and Second Semester

School Mission Statement: To challenge you to grow in knowing, loving and serving God and others.

Course Description:

This course is a study of the concept that health encompasses the total person. Health education includes environmental health, physical health, social health, emotional health, intellectual health, and spiritual health. In this course, our emphasis will be physical health, social health, emotional health, and spiritual health. We will be looking at the relationships in one's life. Our behavior matters to our health and to our happiness. It means that we are not just bodies, attacked by germs and waiting for medicines. We are body, mind and spirit, and that means we cannot be truly healthy or truly happy unless we follow the laws of God who make us.

Instructor: Darrel Ulferts

Email: dulferts@swmch.org

Cell: 712.441.0621

Instructional/Assessment Philosophy:

Health "can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health." The Joint Committee on Health Education and Promotion Terminology of 2001 defined Health Education as "any combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to acquire information and the skills needed to make quality health decisions." With the above in mind, our health course will include many different activities and experiences that will help students acquire not only knowledge and skills but will help them develop healthy habits and behaviors. A number of special projects will also be completed to make the course very personal and practical.

Health classes will be held two days a week, usually on Tuesday and Thursday, in August through March. In April and May, health classes will meet three days each week as one day will be the assigned group senior citizen project.

Course Standards/Goals

KNOWLEDGE/SKILLS

The student will:

1. be challenged to make healthy lifestyle choices and will understand the consequences of poor choices.
2. learn about personal and social growth.
3. learn about the physical and spiritual aspects of human sexuality, including the difference between abstinence and chastity.
4. learn about relationships with family and others.
5. learn to take responsibility for good health, learn decision-making skills, and develop a healthy way of living that honors God and builds community.
6. learn about aging, dying, and death.

VALUES

The student will:

1. recognize how developing healthy bodies allows them to better serve our Lord.
2. recognize the importance of proper health habits.
3. value and purposefully build meaningful relationships with family and others.
4. value good health, discernment, and living that honors God and builds community.
5. value and respect the aging, dying, and death process.

Course Map

August/September

Introduction: A Higher Goal (Wellness)
Fitness and Exercise

October

Nutrition

November

Infectious and Noninfectious Diseases

December

L.I.F.E. Management (Lifestyle, Influences, Friendships, Emotional Earthquakes)

January

Made in His Image

February

Risky Business

March

What's Your Responsibility

April

Maturity: What's it all About?

May

Changing Relationships

Course Texts, Readings, and Materials

Total Health: Choices For A Winning Lifestyle, by Susan Boe, Purposeful Design Publications, 2005

Love Lessons: Purity is Possible, by Pam Stenzel, DVD, 2009

Love, Sex, and Lasting Relationships, by Chip Ingram, Living on the Edge DVD

Romance without Regret by Jason and Crystalina Evert, Chastity Project DVD

The Internet is used extensively to make the course current, and to complement the instructions/textbook.

Assessment Plan/Grades

The following projects will be participated in:

Freshmen Year—Group Senior Citizen Activities

Sophomore Year—Individual visiting with a senior citizen

Project grades will be based upon the rubric written for each project listed above and the test/assignment percentage scored. One project will be assigned each semester and each one will be 33% of the 9 week grade.

Tests, Quizzes, Worksheets, Papers:

Tests, quizzes, worksheets, and papers will be assigned to determine student comprehension.

Points for the quarter will be totaled and grades will be assigned as follows:

A 97-100%

A- 94-96%

B+ 91-93%

B 88-90%

B- 85-87%

C+ 81-84%

C 77-80%

C- 73-76%

D+ 69-72%

D 65-68%

D- 61-64%

F 60% or less