

# SOPHOMORE HEALTH EDUCATION

1/2 credit - Required Course  
Mrs. Pankratz  
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(715) 687-4311 ext. 2184

## **Course Description:**

This course is designed to provide students with the knowledge and skills of healthful living. A major focus is for students to understand how to take personal responsibility for their health through positive, healthy decisions.

## **Essential Learning Outcomes:**

### ***I can...***

- Understand concepts related to health promotion and disease prevention.
- Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to use health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

## **Supplies Needed Daily:**

Notebook, Folder, Writing Utensil, Student Planner, Chromebook

## **Classroom Expectations:**

Tiger PRIDE Classroom Expectations (see attached)

## **Assessment/Grading:**

### **Each unit may include:**

- Note taking, Assignments/Project, In-class Activities, Classroom Environment/Participation Points (Rubric), Quizzes, Journaling, and Summative Unit Assessment

### **Grading Calculations:**

- Summative Unit Assessment = 75% (end of unit assessment)
- Formative Assessment: 25% (assessments used throughout each unit)

### **Semester Grade Calculation:**

- Quarter 1 = 45%
- Quarter 2 = 45%
- Final Exam = 10%

### **Grading Scale:**

93-100 = A	87-89 = B+	77-79 = C+	68-69 = D+	0-64 = F
90-92 = A-	83-86 = B	73-76 = C	66-67 = D	
	80-82 = B-	70-72 = C-	65 = D-	

## **Academic Integrity**

This class will include a great deal of collaboration (putting our minds together), however when you are asked to complete an assignment/project/etc. on your own please do so. Using someone else's work is not acceptable.

**Attendance:**

If you missed class please see me as soon as possible to discuss what you missed!

**Late Work Policy:**

Remember a huge portion of this class is dedicated to responsible decision making to benefit your health status. Part of being a responsible person and preparing for future goals is turning your work in on time! However, mistakes happen! If you turn work in late, partial credit will be given. If late work becomes a habit we will conference during advisory time.

**Retake Policy:**

Students who score below a 70% on a summative unit assessment will be allowed to retake the assessment (designed by the teacher) once within the following parameters:

- Students have all unit work completed and/or corrected.
- Retakes are completed within one week of the assessment date (holidays and vacations dates not included).
- Retake grade maximum is 89%. The higher of the two scores will be taken.

Test reflections retakes are also for some units.

**Help:**

I will do whatever I can to help you, "my door" is always open!

My 1st-semester schedule:

- Lunch 11:37- 12:07 (I work in my office most days during lunch)
- 8th Hour Prep
- After school: 3:14-3:30 or later most days!

Please review the **syllabus, parent letter, unit list, and Tiger PRIDE classroom expectations** with your parents and return the bottom portion of this sheet to Mrs. Pankratz!

**Thanks, let's have a great semester.**

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At this time you should have reviewed the **Parent Letter, Unit List with Course Content, Sophomore Health Education Syllabus** and **Tiger PRIDE Classroom Expectations**. Please sign and provide the information requested below. By doing so, you are acknowledging that you have read, understand, and accept the policies and procedures as outlined in the materials provided. Thanks!

\_\_\_\_\_  
Student name (please print)

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Parent/Guardian name (please print)

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Parent email address

\_\_\_\_\_  
Contact phone number (day/evening)