

**Coach Mayo's Health Course**

**COURSE INFORMATION**

**Title:**Health Education (.5 credit)

**Location:**Room 817 (NEW GYM)

**Instructor:**Coach Mayo

**Email:**mayoni@boe.richmond.k12.ga.us

**Planning Period:**7th period

 **COURSE DESCRIPTION**

**THIS CLASS IS A GRADUATION REQUIREMENT AT THE HIGH SCHOOL LEVEL**

The Health class is aimed at equipping students for lifelong decision-making and problem-solving skills related to health and wellness issues that will affect you as individuals and families. The primary emphasis is on enabling students to assume an active role in developing healthy lifestyles. The curriculum includes the following:

* mental health and wellness
* alcohol and drug education
* diseases and body systems
* cardiopulmonary resuscitation
* human sexuality, social and personal responsibility
* accessing community health resources
* **You will also receive instruction on the ADAP for your drivers permit & Hands only CPR**

***MATERIALS NEEDED EACH DAY:* Notebook will be provided (stays in classroom) Pen or Pencil & Laptop for work in CANVAS as well as work submitted in CANVAS**

***CLASS EXPECTATIONS***

**Students will bring their laptop and a pen or pencil every day. You will need tennis shoes on Thursday & Friday of each week.**

* Students will save all class notes in their spiral notebook, which remains in the classroom.
* Punctuality is important; students should be in their seats and ready to start when the bell rings.
* Respect should be shown to both the teacher and fellow students.
* NO Cell phones and electronic devices.
* Devices are not to be plugged into outlets without the instructor's permission.
* Food and drinks are not allowed in the classroom.
* Students are expected to remain engaged and attentive; no laying heads down or sleeping during class.
* In case of illness, arrangements will be made to contact the nurse and allow the student to call home.
* Students should come prepared to learn and embrace challenges.

***CLASS GRADING***

Your grade will be determined by an accumulation of points on the following

**MAJOR GRADES**: 40% of grades include Chapter-Tests, project-based assignments and other assignments to measure mastery of the target learning goals.

**MINOR GRADES:**60% of grades include quizzes, notebook checks & participation in fitness activities in the gym/outdoors. This will include the Skill Based Health Lab in gym on Thursdays & Fridays.

A = 90-100 B=80-89 C=75-79 D=70-74 F=69-below

***Tardy & Absence Policy:***

* We will follow school and district procedures involving absence & tardiness.
* If a student is absent, it is their responsibility to communicate with the teacher about missed work and make up for it promptly. All work is posted on CANVAS as well as online textbook.

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**PARENT/GUARDIAN CONTACT INFORMATION**

Parents/Guardians: Please fill out the following information below and return to school with your student by **August 30, 2024 (A hard copy will also be provided)**

Please do not hesitate to email or phone me if you have any questions.

**WE HAVE READ AND UNDERSTAND THE HEALTH CLASS INFORMATION**

STUDENT NAMS:     Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

  Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN NAMES: Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

          Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 PARENT/GUARDIAN EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 CELL NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 WORK PHONE:   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_