

# HEALTH SYLLABUS—MR.CHRISTENSEN-

([kchristensen@carrolltigers.org](mailto:kchristensen@carrolltigers.org)) 792-8010 ext.1068

## EXPECTATIONS

1. RESPONSIBLE/MATURE BEHAVIOR
2. TREAT OTHERS WITH RESPECT
3. RAISE YOU HAND
4. POSITIVE ATTITUDE

## GRADING

1. ASSIGNMENTS NOT TURNED IN ARE WORTH "0" POINTS!!
2. \*ASSIGNMENTS-TESTS  
\*GROUP WORK-PROJECTS,PRESENTATIONS  
\*PARTICIPATION IN CLASS  
\*SEMESTER TEST/FINAL
3. DISTRICT GRADING SCALE

## COURSE OUTLINE

\* HEALTH AND WELLNESS-(LIFESTYLE,SKILLS,GOALS,PERSONAL CARE,)

\* MENTAL HEALTH-(EVALUATING,EMOTIONS,SELF-ESTEEM,DISORDERS,STRESS)

\*FAMILY AND SOCIAL HEALTH-(COMMUNICATION,CONFLICT MANAGEMENT,RELATIONSHIPS,FRIENDSHIPS,PEER PRESSURE,DATING,)

\*NUTRITION-(NEEDS,DIET,ACTIVITY,ATTITUDES,BENEFITS,)

\*GROWTH & DEVELOPMENT-(SKELETAL,MUSCULAR,CARDIOVASCULAR,RESPIRATORY,REPRODUCTIVE, BIRTH CONTROL,PREGNANCY,

\*ADOLESCENCE/ADULTHOOD-(DATING,MARRIAGE,DEATH AND DYING)

\*EXERCISE & FITNESS-(WORKOUTS,TECHNIQUES,PLANS)

\*ALCOHOL,DRUGS,TOBACCO-(DANGERS,USING,ABUSING)

\*DISEASES & DISORDERS-  
(COMMUNICABLE,STD'S,HIV/AIDS,CARDIOVASCULAR,CANCER,)

\* SAFETY & FIRST AID-(HOME,WORKPLACE



