

VIRTUAL ADVANCED HEALTH CLASS SYLLABUS

Ms. Kristen Uhler

Email: kristen.uhler@hoodriver.k12.or.us

Hood River Valley High School

Prep: 3rd and 6th period

COURSE DESCRIPTION:

This nine-week (.5 credit) course builds on the Wellness 1 curriculum. The material for Advanced Health is driven by the Oregon and National Health Education Content Standards. This course will cover useful information, which can be applied throughout the students' life. Advanced Health Virtual will be slightly different utilizing Google Classroom, Acellus, Flipgrid, and YouTube to deliver the same valuable and useful curriculum.

DEFINITION OF HEALTH EDUCATION:

An informed public behaving voluntarily in its own self-interest.

UNITS OF STUDY:

9 Weeks - Class Daily

1. **Wellness/Fitness Review**, the Ten Body Systems (Anatomy & Physiology), and Personal Self-Assessments
2. **Nutrition** – the study of diet, metabolic health, and wellness
3. **Mental Health** – Introspection, SEL(social and emotional learning), Coping Skills
4. **Substance Abuse** – Addiction
5. **Environmental Health**
6. **Healthy Relationships** - Communication, and Reproductive Health
7. **Marriage and Parenting**
8. **Aging, Death and Dying**

ON-LINE CURRICULUM:

Health Smart – ETR Associates (Education, Training, and Research)

SUPPLEMENTAL INFORMATION:

There will be VIRTUAL GUEST SPEAKERS and LECTURES in each area of study. You will be responsible for the information they present.

LATE WORK AND TESTS:

Make-up work and tests are the **STUDENT'S RESPONSIBILITY!**
Communicate with me by email if you should have a difficult circumstance or an excused absence.

★ **Late work or assignments completed within one week of the due date shall receive no more than half credit. Later than one week will earn zero credit.**

EXPECTATIONS:

1. Attend class daily! It is essential in order to pass!
2. Be **on time** with your virtual assignments.
3. A positive, participating, and non-judgmental attitude is essential as we deal with sensitive subjects.
4. These are difficult and uncertain circumstances with the pandemic! Please communicate with me so that I can support your academic learning and overcome any personal/home challenges.
Regardless, **YOU** determine your own success and personal health.

GRADING SYSTEM:

Tests and assignments are graded on a percentage basis:

- 90 to 100% = A
- 80 to <90% = B
- 70 to <80% = C
- 60 to <70% = D
- 0 to <60% = F

Tests and assignments are to be completed **ON TIME**. This is your responsibility!

Your health and safety is my primary concern. This crisis has brought fear, emotional and financial hardship. This year we are delivering '**Comprehensive Distance Learning**'.
Remember, a Grade is EARNED, not given to you! Please know that I want to be your advocate so don't hesitate to communicate.

Kristen Uhler - MS Health Ed.