McDonough High School
High School Course Syllabus

Course Title	Health 1st Nine Weeks	Fall 2023, Winter 2024
Teacher	Kidada Holtzclaw, William Thomas	Room# MP 19

Teacher Email	kidada.holtzclaw@henry.k12.ga.us william.thomas@henry.k12.ga.us
Teacher Support	Additional assistance will be available

COURSE DESCRIPTION

This course is a graduation requirement and a prerequisite to all elective physical education courses. The course provides students with the basic knowledge and understanding needed to maintain health and wellness throughout their lifetime.

COURSE CURRICULUM CONTENT

Henry Teaching and Learning Standards	UNITS/TOPICS
HEH.S.1 – HEH.S.8	1. Mental/Emotional Health 2. ADAP 3. Choosing the Best 4. Prevention/Control of Disease 5. Injury Prevention/Safety "CPR" 6. Nutrition 7. Alcohol/Drug Use 8. Personal Health

Instructional Materials and Supplies

Published Materials	Instructional Supplies
Essential Health Skills for High School Videos/Clips	Pen/Pencil, 1 subject notebook, Chromebook

Evaluation and Grading

Assignments	Grade Weights	Grading Scale
Classwork & Daily Journal Writing Projects Written Tests Final Exam	Classwork 40% Summative Assessment 40 % Final Exam 20%	A=90-100 B=80-89 C=74-79 D=70-73 F= Below 70

OTHER INFORMATION

Expectation for Academic Success	Additional Requirements/Resources
Set goals to improve proficiency on all topics Ask questions and listen carefully Respond appropriately to instructor directions Participate constructively as a team member Complete and submit assignments as instructed	N/A