

Course Outline

7th Grade Health Education

The goal of the CCMS 7th grade Health and Wellness Course is to empower students to develop and retain knowledge, skills and attitude so that they may develop and maintain lifelong health and wellness. This will include selected topics which are included in the following areas:

1. Mental, Emotional and Social Health
2. Communication/Relationships/Refusal Skills
3. Alcohol, Tobacco, Illegal drugs
4. Systems of the body
5. Bullying
6. Disease-Communicable and Non-Communicable
7. Nutrition and Fitness
8. Personal Health

Student Expectations:

In order for students to be successful they must:

1. Attend all classes
2. Come to class prepared (paper, pen/pencil, charged chromebook)
3. Follow school, classroom, and online rules
4. Be an ACTIVE PARTICIPANT
5. Complete all required assignments
6. See teacher to make up work after being absent

Grading students will be evaluated in the following areas:

1. Quizzes- 40%

- Students will be given at least 2 days’ notice for any quizzes.

2. Projects/Assignments- 40%

- All projects and assignments will be able to be completed during class time. However, any work not completed during class will need to be completed outside of class time.

3. Participation (Including homework)- 20%

- Being an active member of both online and in class discussions is key in retaining the content that will be provided throughout the semester. Being able to effectively communicate and collaborate is a life skill that will carry over into multiple facets of life going forward.
- Homework assignments will be graded on an effort basis. All homework is mandatory and due back in a timely manner.

I have read the course syllabus and understand and agree with all the rules and regulations, content and what is expected of me/my child.

Student’s name (PRINT)

Parent’s signature

It is important to note that throughout the course of the semester topics that we discuss in class may lead to conversations and questions being asked at home. I urge all students to continue the conversations outside of the classroom to further their knowledge of the subject matter. If at any time you feel uncomfortable with specific topics or units of study please do not hesitate to contact me.