



CPH 2200- Promoting Wellness
MMACHS 10th grade Health and Wellness C/D

Mr. Marion

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Office Hours: Before or after school by appointment.

Course Description:

Students examine the issues and topics that most affect health and wellness. Emphasis is placed on the intelligent self-direction of health behaviors. Topics address individual health assessments and decision-making skills to achieve optimal wellness.

Course Objectives:

The learning objectives for this course align with the Idaho State University community and public health department. Upon completion of this class, students will:

- Assess personal wellness according to the Dimensions of Health.
- Analyze how environment and wellness are interrelated.
- Predict how behaviors can affect wellness.
- Analyze how peers and social media influence health beliefs and behaviors.
- Evaluate the validity of health information, products, and services.
- Demonstrate refusal, conflict resolution, and collaboration skills to enhance health and avoid or reduce health risks.
- Describe ways to reduce stress and integrate the skills to do so.
- Demonstrate how to ask for and offer assistance to enhance the health of self and others.
- Determine the value of applying a thoughtful decision-making process in health-related situations.
- Implement effective strategies and monitor progress in achieving a personal health goal (SMART goals).
- Describe responsible decisions regarding romantic relationships and sex.
- Recognize and assess stress and identify strategies to manage stress.
- Discuss healthy aging and dying.
- Make informed decisions about health care and prevention of accidents and injuries.
- Identify and know how to access resources available in the community, state, and nation in relation to health topics.

Topics include, but are not limited to:

- Healthy Change
- Psychological Health
- Stress
- Relationships
- Reproductive Choices
- Addiction & Drug Abuse
- Alcohol & Tobacco
- Nutrition

- Weight Management & Body Image
- Fitness
- Cardiovascular Disease, Cancer, & Diabetes
- Infectious Conditions
- Violence & Unintentional Injuries
- Environmental Health
- Consumerism & Complementary & Integrative Health Care Choices

Late Policy:

Late work is accepted, deduction of points is at Mr. Marion's discretion.

Professionalism:

A climate of cooperation and respect must permeate this course. Professionalism is reflected in appropriate class behaviors, written and oral responses to discussion questions, work ethic, and adequate completion of coursework.

Cell phones should remain in your backpack. If you need to have your phone on your desk for an expected emergency, please let Mr. Marion know.

Instructor Availability and Communications:

- Students are responsible for checking updates posted on Schoology for any class scheduling changes or assignment clarifications.
- Grades will be updated on PowerSchool every Friday.
- I am available before and after school and during lunch as well as by appointment. You may also reach me via email.

Course Format:

Strategies will include participation in physical fitness (individual and group activities), reading, note-taking, video analysis, as well as whole class discussions.

- 60% Daily Participation – 10-point scale
- 20% Formative Assessments
- 20% Summative Assessments

Student Responsibilities:

- **Show Up & Do Right.**
 - Come to class prepared. Appropriate fitness attire, gear (water, hat, towel, phone w/permission), health notebook, and writing utensils are expected daily. ***MMACHS dress code must be followed.***
 - Bring a lock for bathroom lockers. MMACHS is not responsible for lost/stolen items.
 - Be in class on time. 5 minutes will be allowed for changing clothes after attendance is taken.
 - Dr.'s notes are required for illness/injury extending beyond two consecutive days. Prescribed rehab may be done during class time and counted as fitness, if I have written instructions from the doctor/therapist. Students are required to dress for fitness unless otherwise instructed on their medical note.
- In-class work that is missed is the student's responsibility to make up.
 - Fitness Make Up Form
- Keep up with updates that are posted to Schoology.
- Always keep notes with you, there will be quizzes throughout the course.

Academic Integrity:

Academic honesty is expected of all MMACHS students. All work submitted by a student must represent that student's own ideas and effort; when that work does not, that student has engaged in academic dishonesty. Plagiarism occurs when a person submits another person's work as her/his own or borrows from another person's work without proper documentation. Be advised it is Mr. Marion's right and responsibility as an instructor to notify the administration of any suspected student misconduct, including cheating and plagiarism.

- All Idaho State University students, including Early College students, are held to the Student Code of Conduct including academic dishonesty, cheating, and plagiarism. Definitions can be found in the Student Code of Conduct Handbook: <https://www.isu.edu/deanofstudents/student-conduct/>.

MMACHS grading scale:

A 90-100% **B** 80-89% **C** 70-79% **WIP** 69% and below