

MMACHS 10th grade Health and Wellness C & D
2023-2024



CPH 2200- Promoting Wellness
2023-2024 Spring Semester & Successful Completion of MMACHS Health & Wellness C

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:

- Comprehend Core Concepts of Health Education
 - Alcohol, Tobacco, & Other Drugs - Addiction
 - Nutrition & Physical Activity
 - Mental, Emotional, & Social Health

- Healthy Change
- Stress Reducing Measures
- Weight Management & Body Image
- Violence & Unintentional Injuries
- Injury Prevention & Safety
 - Prevention & Control of Disease
 - Consumer & Community Health
 - Growth, Development, & Family Life
 - Environmental Health
- Analyzing Influences
 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
- Accessing Information
 - Students will demonstrate the ability to access valid information, products, and services to enhance health.
- Interpersonal Communication
 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Decision Making
 - Students will demonstrate the ability to use decision-making skills to enhance health.
- Goal Setting
 - Students will demonstrate the ability to use goal-setting skills to enhance health.

Student Responsibilities:

- **Show Up & Do Right.**
 - Come to class prepared.
 - Appropriate fitness attire, gear (water, hat, towel, phone w/permission)
 - **MMACHS dress code must be followed.**
 - Health notebook, and writing utensils are expected daily.
 - 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 (located in Schoology) for missing fitness days.
 - Check Schoology for class notes and assignments.
- Keep up with updates that are posted to Schoology.
- Always keep notes with you, there will be quizzes throughout the course.

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.

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.

Course Format:

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

- 50% Daily Participation – 10-point scale
- 20% Formative Assessments
- 30% Summative Assessments

Late Policy:

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

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

ISU grading scale:

A 90-100% **B** 80-89% **C** 70-79% **D** 60-69% **F** 59% and below