

FREEPORT SENIOR HIGH SCHOOL

PERSONAL HEALTH

Mr. Mike Beale Room 46

beale@freeport.k12.pa.us

724-295-5143 Ext: 1254

COURSE DESCRIPTION:

This course is designed to guide the students to a greater understanding of themselves, their relationships with others, and make them more aware of the health concerns of today. The student's physical well-being would relate to the following units: physical fitness, weight management, eating disorders, sexually transmitted diseases, and the use of drugs, alcohol, and tobacco. The student's association with others is dealt with in the following units: mental and emotional health, adolescence, relationships and responsibilities. The student's interaction with their community and awareness of current health issues would include units in health services, first-aid and safety with emphasis on C.P.R.

Class Topics/Units:

- **Healthy Relationships**
 - **Wellness**
 - **Physical, Social, Emotional, and Intellectual Health**
- **Stress**
- **Nutrition**
- **Substance Abuse**
- **CPR**
- **Body Systems**
- **Goal Setting**

Welcome to Health Class

Steps to Success!

1. Upon entering the classroom, go directly to your assigned seat. Do not touch any items found in the room.
2. Please, use the restroom, get a drink and sharpen your pencil **BEFORE** the bell rings.
3. When the bell rings, you should be in your seat and quietly working on today's **Bell Ringer**.
4. You will need to bring your Health folder (when taken home), and pencil to class.
5. Health Lab will be held every **Wednesday** (tentative). Please be prepared to go outside and wear proper clothing.
6. All assignments are to be completed on time. Points will be deducted for work that is turned in late.
7. Make up work will be found in the "**Missed Work**" bin.
8. Grades are based on scored from quizzes, tests, homework, presentations, reports, group projects, etc.
9. RESPECT yourself and others!

Parent Contact Info:

Name: _____

Phone: _____

Email _____

Parent's Signature _____

Please Return by September 11!