



# Health Education

## Vista del Lago High School

Teachers: Mr. Shawn Hunter  
Mrs. Lisa Johnson

[shunter@fcusd.org](mailto:shunter@fcusd.org) Room H106  
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### Introduction to the Course:

Health Education, HS3025, is a nine-week course that meets the Folsom-Cordova Unified School District high school graduation requirement. This course includes the following units of instruction: Health and Wellness, Mental, Emotional and Social Health, Nutrition, Alcohol, Tobacco, and Other Drugs, and Growth, Development, and Sexual Health. Responsible decision making will be stressed.

### Learning Objectives:

- By the end of the course, each student will be able to:
1. Identify characteristics needed to make sound health decisions.
  2. Describe how taking care of mental, emotional and social health enhance overall health and wellness.
  3. Describe how nutrition promotes physical and mental health.
  4. Identify and explain the short-term and long-term health consequences of tobacco, alcohol, and other drugs.
  5. Describe the reproductive system and fetal development from conception to birth.
  6. Describe the causes, symptoms, and treatment, and prevention of communicable and chronic diseases, including STI's.



### Curriculum:

Units of Instruction:

Unit 1: Introduction to Health and Wellness

Unit 2: Mental, Emotional and Social Health

Unit 3: Nutrition and Physical Activity

Unit 4: Diseases

Unit 5: Tobacco, Alcohol, and Other Drugs

Unit 6: Growth, Development, and Sexual Health



## Grades

Grades will be calculated in PowerSchool. Formative work will make up 30% of the overall grade, and summative work will make up 70%.

- **Formative Assessments** (Assessments *for* Learning) include: Quizzes, exit tickets, participation, etc).
- **Summative Assessments** (Assessments *of* Learning) include: Tests, projects, presentations, etc).

## Extra Credit

No extra credit will be accepted. Students are expected to complete all of the assignments designed for the course.

## Citizenship Grade

The citizenship grade is measured by your ability and willingness to follow the policies of this class. Courtesy, cooperation, and respect towards those stakeholders involved are required. The policies reflect this and the standards conducive to an orderly, productive classroom environment. Therefore, the following will be used to determine your citizenship grade: attendance and class contribution, following directions, obeying rules, and attitude toward me, fellow classmates, and substitutes.

## Late Work & Make-Up Work

All tests, projects, and minor assignments are due upon returning from an absence. The only exceptions will be those assignments GIVEN during the absence. These will be due two days after your return unless designed to be completed over several days. It is the responsibility of the student to inquire about any and all missed work and to make the necessary arrangements for its completion. If tests/quizzes/assignments are not made up within a week of return (or an arrangement by the student with the teacher), the student will receive a "0" on that test/quiz.

## Important Information

<b>When and where will assignments be posted?</b>	I will post the weekly agendas under the "Agendas" tab in Google Classroom the <b>weekend before each instructional week</b> . The easiest way to navigate Classroom is by clicking on the "Classwork" tab instead of the "Stream." This is the best place to reference your daily assignments. Please check Classroom often. *Organization is a key component of any successful virtual learning experience.
<b>When will our class meet?</b>	Our class will meet in room H104
<b>What role does participation play in this course?</b>	Participation in this course is very important, as not only will you have the opportunity to receive real-time feedback from me, you will engage with your peers in critical discussions about content and skills. You will also earn listening and speaking grades for these discussions, so be sure to come to our meetings on time and engage the entire time.

<b>How will we communicate, and what are those expectations?</b>	I will continually communicate with you throughout the week so as to avoid confusion or any frustrations associated with virtual learning. Please check the announcements in Google Classroom. The <b>best way to communicate with me is via email</b> . Please use the following phrasing in the subject line of the email: <b>“First, last name &amp; block number.”</b> That will help me filter through my emails much more easily.
<b>What tech tools will help me be successful in this course?</b>	We will primarily use Google Classroom. Please note, <b>all assignments will be submitted in Classroom.</b>

### **Links to School Policies/Info**

- [Attendance Policy](#)
- [Tardy Policy](#)
- [Academic Dishonesty](#)
- [Electronic Devices/Technology](#) (pg. 21)
- [Citizenship Rubric](#)

### **Shawn Hunter’s Teaching Schedule**

#### **Room H106**

- Block 1: Health Education
- Block 2: Health Education
- FlexTime (T-Th); Advisory (F)
- Block 3: Health Education
- Block 4: Prep Period
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### **Lisa Johnson’s Teaching Schedule**

#### **Room H104**

- Block 1: Introduction to Kinesiology
- Block 2: Health Education
- FlexTime (T-Th); Advisory (F)
- Block 3: Prep Period
- Block 4: Introduction to Kinesiology

Please feel free to reach out to me if you have any questions: It is easiest to reach us via email:

Mr. Shawn Hunter [shunter@fcusd.org](mailto:shunter@fcusd.org)

Mrs. Lisa Johnson [ljohnson@fcusd.org](mailto:ljohnson@fcusd.org)