# **Syllabus for:** Healthy Living

Teacher Contact Information:

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**Course Description and Expected Learner Outcomes**

Healthy Living is a class designed to help students understand the impact exercise, diet and lifestyle choices have on the quality of their lives.  Students will look at obesity and rising disease rates in this country.  They will discover how being proactive in their diet, exercise and lifestyle choices can improve their chances of avoiding most common health problems related to obesity and lifestyle diseases. Student will be dressing out (like in Physical Education) 2-3 days per week to perform activities such as, biking, walking, and game days (Ultimate Frisbee, Frisbee Golf, tennis and many more. We will also be creating Public Service Announcements and many project based assignments on Health related topics.

**Grading**

A=100%-90%, B=89%-80%, C=79%-70%, D=69%-60%, F=below 60%. Grades are weighted and will be updated regularly online. Participation points will be added at midterm time and again at the end of the trimester. Grades are weighed according to the following scale: Participation: 35%, Assignments and Quizzes: 50%, Summative Assessment (Final Test):15%.

**Behavior Policies**

**TARDIES**: Students need to get to class on time. If they arrive late they must write their name on the white board and will lose one participation point but can make it up by staying a minute after the bell. On their 5th tardy, a parent contact will be made and any tardies thereafter, detention will be assigned.

**ELECTRONICS:** Students can only use electronics in class with permission. If they are using an electronic without permission: 1st time caught in the trimester: lose 1 participation point, 2nd time: lose both points, 3rd time: send electronic to house office, after office: turn in to teacher @ beginning of class. Chrome-books will be used in the classroom by students during the trimester and students will be expected to follow the technology school district policies.

**TRUANCIES:** If truant, the student will receive a zero for a missed exam and late credit for assignments.

**Academic Policies**

**LATE WORK:** Assignments will NOT be accepted ONE school week after the due date even if absent, and for each day assignments are late, points will be deducted as determined by the point value of the assignment.

**MAKE-UP WORK:** If excused absence, students must check the white homework binder on the podium located in the classroom to get a detailed description of what they missed. Handouts they will need for that day will also be on in the bottom tray on the podium. Also, students can access my staff homepage to locate learning targets, some assignments, and presentations they missed. If a student has further questions about the make-up work, they may contact the teacher.

**PARTICIPATION:** Students will receive 2 participation points daily if they participate and follow classroom expectations. If absent, students lose participation points and can make them up by completing a current event worksheet that is due within one week of the absence.

**TESTS:** Tests also need to be made up within one week. Students may re-take tests for a higher grade within a week after remediation is complete.

**EXTRA CREDIT:** Extra credit opportunities will be offered on a limited basis, throughout the term.

**ACADEMIC DISHONESTY**: Cheating in class is not allowed and students will be given a zero on the assignment/test they got caught cheating on.

**Materials Needed/Classroom Materials/Fees**

**PREPARATION:** Students need to bring a folder, notebook, and something to write with. They will also need to keep all worksheets, and graded assignments in their folder.

**Additional Resources**

**CLASSROOM PAGE:**

<http://anokahennepin.schoolwires.net//site/Default.aspx?PageID=33117>

**STUDY CENTER:** Some assignments will require students to have internet access and if they don’t, labs are available for students after school, Tues/Wed/Thurs.

**PRESENTATIONS:** Throughout the course, students have the opportunity to listen to several speakers that come from different organizations throughout the community. These presentations add a more in-depth learning experience for students. If you have any questions or concerns, please contact the teacher.

#### **CPHS Mission: A collaborative educational community focused on increased achievement for all.**

**Please sign below indicating that you and your student have read and understand the course guidelines of Mrs. Cain’s Healthy Living class.**

Student Name: (print clearly) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Per:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_