

Duke Ellington School of the Arts  
Course Syllabus

Health Promotion  
January 2010-June 2010

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Textbook: Health and Wellness , By Linda Meeks and Philip Heit,- Glencoe/McGraw Hill, Columbus ,  
Ohio, 2003

Course Description: This course has been developed to teach students the elements of good health and the factors that affect their well being. Students will learn how to make appropriate health decisions and how commonly accepted misinformation influence those decisions. Evaluation of health information as relevant and reliable is a critical concept of health education. The department hopes to emphasize prevention of physical and mental problems stressing that certain art forms present health risks.

Objectives: Standards as per DCPS

Students in this course will--

Study health problems and health needs of the urban multicultural society  
Understand health problems and health needs as they relate to lifestyles of individual and culture  
Assist students in establishing a personal quality of health  
Motivate students to pursue a healthy lifestyle  
Understand the health needs of physically and mentally challenged individuals whom they will encounter in the home or in the society.

Required Materials:

Three ring notebook  
Pens/pencils  
Paper  
Hole puncher  
Folder

Students must have all supplies by February 1. (depending on your course section meeting time)

Course Requirements:

Attendance is required. Any absences must be supported by a note and approved by the administration. Three unexcused absences are an automatic "F." for the quarter. Three tardies become one unexcused absence.

Make up work will only be allowed for excused absences. Missed assignments and quizzes must be completed within seven calendar days of the absence.

Students must take all tests. For tests missed because of an excused absence, the student must schedule a time with the teacher to take the missed test. It is the student's responsibility to set up the appointment. The lowest grade on quizzes will be dropped from the calculation of your final grade. Tests are announced, but quizzes are not announced..

Students must complete all work in accordance with established criteria provided by the teacher. All work must be completed in pen unless otherwise specified. Messy work or work on badly wrinkled paper will not be accepted. The edges of paper are to be even and standard size paper used (8 ½ inches by 11 inches). Certain assignments must be typed and double-spaced. Font size 10 must be used at all times. Typeface to be used is "Times New Roman." These specifications mean that an assignment that is hand-written for an assignment specified to be typewritten will not be accepted. Wrong font size and typeface will result in a lowered grade.

Students will complete two (2) assignment projects in the first and the second advisory. These assignments will be provided by the teacher.

Notebooks will be spot checked and will be used as part of your class grade.

Students will be allowed to take any test over in order to improve their grade. (Note: not any quiz.) The teacher will take an average of the two grades to determine the final grade. A retest with a lower grade will be counted. Tests and quizzes are made up at the beginning of lunch,,after school or at a mutually convenient time.. Students must begin working on the quiz within the first fifteen minutes of lunch.

## Grading

Attendance has the potential to fail a student . Please see course requirements

Class work includes coming to class with materials, appropriate behavior in class includes no gum chewing, no eating or drinking ,no applying make-up or looking in a mirror, no using a comb or brush, no listening to music, no using of a cell phone not even to check the time. One must arrive to class on time. If not on time to enter the class you must have a pass.

Appropriate behavior is expected as part of classwork. Sleeping in class is never allowed.

Class work 30%

Tests = 20%

Quizzes = 25%

Assignments 25%

Assignments- in the first and second advisory of this course the 2 assignment projects are weighed 15% for one and 10% for the other.

**Engrade** will be used to calculate grades and access codes for students will be distributed.

**The Final Course Exam is counted as one third of the final course grade.**

Grading: See student handbook for grading scale

## Final Note

Students and parents are encouraged to contact me throughout the semester about any concerns they may have. I have provided you with my home phone number, cell phone and my email addresses Please do not call after 9:30 pm. Concerns and issues should not be left to the end of the advisory or the semester when it will be too late to respond appropriately.

Also, students should not leave papers to be typed at the last minute and then inform me that the computer isn't working, etc. Due dates are fixed and non-negotiable. If an assignment is late, five (5) points will be deducted for every school day that the assignment is late. This is true for all assignments but the last one of the semester. In case of illness a parent note must accompany a late assignment.

Parents and Students:

Please read this syllabus and sign your names below . This needs to be returned to me by Feb. 1<sup>st</sup>.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Thank you,

Ava Burke

## Tentative Course Schedule

January 25<sup>th</sup>

Introduction to the course

Review of the syllabus

Distribution of Textbooks

What does it mean to be healthy? The value of good health

Decision Making

The Influence of the media on our decisions

Week of February 1 and 8

What is the role of government in protecting our health? Government agencies and regulations

The Challenge of Staying Healthy—10 Preventive Strategies including required Vaccinations for Adolescents.

Access to Health Care – The health bill will be discussed

Components of a Medical Examination- How to be an Educated Consumer/ Client?

How does one choose a health care provider? Being an e-patient? Computerized medical records pros and cons?

Week of Feb. 15, 25

Healthy Eating discussed including the Dietary Guidelines and the Food Pyramid.

Review the importance of all the nutrients

Vitamin supplements (pills), Why fiber? Demonstrations done to prove my points

Management of Weight

Examining popular

Eating out and grocery shopping. Why buy organic or natural foods?

Eating disorders

Week March 1st

Exercise and Fitness

Why do we need to exercise?

Types of exercise and preventing injuries.

Meet your feet -taking care of your feet

Buying appropriate shoes and point shoes

Sports injuries

Week of March 8<sup>th</sup>

Cardiovascular Health

CPR discussed and demonstrated if dummies are available Film on CPR

Blood pressure

Heart Attacks

TIA/-strokes

Week March 15<sup>th</sup>

Heart Disease continued

Review for Exam

Week of March 22<sup>nd</sup>

Major exam given

Advisory over March 26th

Week of April 5<sup>th</sup>

Digestion

Processing of food in our bodies

Common digestive disorders

Diseases of Metabolism – Diabetes- and some of the myths associated with this disease

April 12th

Respiratory diseases

Colds and Flu differences – What is up with the Swine Flu? Sorting out the appropriate over the counter medications for colds and flu

Asthma discussed in depth

Tuberculosis

Environmental concerns

Smoking and its effects on the throat and lungs

Vocalists and Wind Instrumentalist Beware

April 19th

Importance of Sleep- No sleeping in class

Managing stress and anger and other emotions

Violence-bullying, cyber bullying, spouse abuse, child abuse date rape and rape

April 26<sup>th</sup>

Mental Health continued

Depression

Suicide

Schizophrenia

Obsessive Compulsive disorder

Phobia and Anxiety disorders ( Dealing with exams and performances)

May 3rd

Risk taking and substance abuse

Gateway Drugs – Tobacco, Alcohol and Marijuana

Designer Drugs

Over the counter medication also misused and abused drugs

Week of May 10<sup>th</sup>, May 17th

Family communications

Relationships -

Sexuality – including Homosexuality

Anatomy of the Male and Female Reproductive Organs

STI's discussed in depth

HIV and AIDS emphasized

Disease prevention

Methods of disease prevention with Abstinence and correct use of Condoms emphasized

Preventing pregnancy and ramifications of teen pregnancy

Refusal skills

May 24<sup>th</sup>

Understanding Cancer

Emphasis on prevention – of common cancers

May 31<sup>st</sup>

Common First aid measures

Discussion of health careers

Emphasis on careers that incorporate knowledge of the arts

June 7<sup>th</sup>

Presentations of Chronic illness projects

Review for exam and exams given

June 14<sup>th</sup>

Project presentations continued

Course Evaluation

Make Healthy Choices and Be Safe!! Have a nice summer!

Duke Ellington School of the Arts  
Health Promotion/Education

Assignment One

Food, Exercise and Sleep Log

During the course of seven (7) consecutive days write down the following.

1. Everything you eat and drink, including snacks and chewing gum, estimates of serving size is crucial

All exercise you do for fifteen (15) minutes or longer.

The number of hours you sleep in the night. Indicate if you are awakened in the middle of the night, and don't fall back to sleep for longer than five (5) minutes. Log any naps that are five (5) minutes or longer.

If you have any particular positive stress, i.e. a birthday celebration, or negative stress, i.e. a death in the family during the week. Please log that in your assignment..

This assignment does not need to be typed, and must be handed in to me as you enter the classroom on Feb. 10<sup>th</sup> or 11<sup>th</sup> depending on your class schedule of even or odd periods.

Grading of the Assignment

Every day an entry what you ate or didn't eat must be indicated— 10 points per day for the 7 days = 70%

Notation about exercise----- 10 points = 10 %

Notation about sleep ----- 10 points = 10%

Notation about stress ----- 10 points = 10 %

Total = 100%

(I have examples of good completed assignments displayed on the bulletin board)