

Health Syllabus

Course Description:

In this course, students acquire the knowledge and skills they need to lead a healthy life. Semester A focuses on the impact of personal decisions on the student's own health. Students learn how to find, evaluate, and use reliable information related to a variety of health topics. They also study the basic science behind nutrition, exercise, stress, and psychology, and examine how these factors affect a person's overall health. Each lesson in the course guides students in applying what they have learned in the lesson to their own lives and choices—and gives them a chance to discuss the topic with peers and instructors.

This is a semester course.

Additional Materials Required:

- none

Student-Teacher Conferences:

Office Hours. Students can schedule up to three (3) Student-Teacher Conference over the duration of the course. These meetings are optional, and attendance will not affect your grade.

To schedule an office hour with your teacher to please visit the Student Resources page on waonline.org.

Washington Academy Grading Scale:

A = 100 - 93

B = 92 - 85

C = 84 - 76

D = 75 - 70

F = 69 or less

Coursework Overview

○ **ASSIGNMENTS**



Assignments are completed by the student through fillable PDFs which they can fill-out, save to computer, then upload to in the Learning Management System. Assignments are typically found throughout the course(s) and can be opened by clicking the “**Activity**” button when prompted to do so. Assignments will be graded by your teacher.

○ **ASSESSMENTS**



Assessments, or Quizzes, are predominately computer graded and will test your knowledge of the content of each Section upon completion.

○ **EXAMS**



At the end of each Unit, Semester and the Course, you will need to complete an Exam.

○ **PARTICIPATION**



Participation grade is determined upon the completion of the “End of Course Survey.” Participation in Discussion boards or Office hours does NOT affect your grade.