Health

# **Class Syllabus: 2018 Fall Semester**

1. **Instructor Information**

Teacher: Mr. Brian Martin

Contact information: Pleas fell free to call, text, or e-mail me about any questions. If you call or text before 10:00 pm I will try to respond that evening.

1. Phone: 484-645-6193
2. E-mail: bjmar92@gmail.com
3. **Course Syntax**

Course Value: 0.5 credits

Prerequisites: Biology

1. **Course Description**

This course provides an introduction to personal health, fitness, and wellness. It begins with human development, nutrition, and fitness. It then moves to personal safety and first-aid. Substance abuse and immunology are also covered. The course finishes with relationships.

1. **Goals and Aims**
2. Cultivate a spirit of meekness and awe by conceptualizing God’s creative design.
3. Become inspired to apply healthful habits to our lifestyle.
4. **Objectives**
5. Describe prenatal development
6. List the 11 systems of the body
7. Describe the functions of the 11 systems
8. Memorize 30 medical professions and their specialization
9. Memorize 50 prefixes and suffixes
10. Record our dietary habits
11. Compare those habits with the food pyramid
12. Develop a total exercise plan
13. Implement the plan
14. Practice using a fire extinguisher
15. Demonstrate bicycle safety signals
16. Demonstrate CPR routines accurately
17. Demonstrate splinting
18. Apply Biblical interpersonal relationship advice
19. **Textbooks and Instructional Materials**

*Health in Christian Perspective,* Abeka Book

*Medical Ethics Human Choices,* Herald Press

*Fit and Well,* McGraw Hill

*First Responder,* Pearson

*Emergency Responder,* American Red Cross

*More than Meets the Eye, NavPress*

1. **Equipment and Material**

Bicycle

Running shoes

1. **Course Requirements**
2. Logistics
3. Attend class three days a week. (secretary or principal must be notified ahead of time if student is going to be missing)
4. There will be approximately 6 tests this semester.

Test fix-up procedure: After a test has been returned and you would like to improve your score, you may ask me for a test make-up plan. If you follow the plan you can earn full credit for the fix-up. Plans may vary by test.

1. Absent students are responsible for all catch-up work.
2. **Procedures**
3. Homework is due when specified.
4. Late homework will be penalized according to PVMS policies.
5. Test and quizzes should be overturned and placed at the corner of one’s desk when finished.
6. Headings must include student’s name and lesson/page number. **All homework must be done in pencil.**
7. **Methods**
8. Teaching Methods
9. Lecture
10. Reading assignments
11. Multimedia
12. Review
13. Cooperative Learning
14. Skill practice
15. **Grading Policy**
16. Tests 50%
17. Quizzes 30%
18. Homework 10%
19. Exercise 10%