



Course Syllabus: HEALTH

Course Description

Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. High school students will demonstrate patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will describe the interrelationships of emotional, physical, social, and intellectual health and how their surroundings can impact each aspect of health. Students will evaluate established health behavior theories and models. This course includes the following modules:

Module 1 – Your Total Health focuses on the many factors that influence wellness. Being a wise consumer of health-related products, including technology, will assist you in achieving your personal health goals. Additionally, you will analyze the role your decisions, habits, personal relationships, and family history play in determining your overall health. Lastly, you will learn about healthy lifestyle choices, and help others do the same.

Module 2 – Healthy Choices focuses on information needed to make healthy decisions regarding drugs and alcohol. You will understand how these substances affect the body and how substance abuse impacts the lives of users and those close to them.

Module 3 – Healthy Behaviors focuses on learning strategies to stay healthy throughout life by making smart choices with diet and exercise. You will also learn about diseases and their prevention. In addition, you will cover topics related to human growth and development and receive instruction in first aid and CPR.

Textbook

There is no textbook required for this course. All course content is digital and available in the online course modules.

Course Participation Policy

Students should follow the Course Schedule (located in Course Information area of course) and all course work must be submitted no later than 11:59 PM on the due date.

After the due date has passed, instructors will enter zeros in the Grade Center for work not submitted by the deadline. Students are encouraged to submit the missing work as soon as possible to learn the material and improve their course grade. Zeros will remain in the Grade Center until course work is submitted and evaluated by the instructor.

The CVA term ends prior to the end of the traditional school semester. The final date work will be accepted each term is posted on the CVA website (<https://www.cobbk12.org/cobbvitalacademy>).

Grading

Grades for the course are calculated based on category percentages as follows:

Assignments & Quizzes = 40%

Projects = 30%

Unit Tests = 20%

Final Exam = 10%

Academic Integrity

Academic integrity is the cornerstone of learning at CVA and we take the integrity and authenticity of student work very seriously. When academic integrity is maintained, students will make decisions based on values that will prepare them to be productive, meaningful, and ethical citizens.

Students are required to abide by the CVA Academic Integrity Policy. Academic dishonesty in any form will not be tolerated. The CVA Academic Integrity Policy outlines the consequences if students fail to maintain academic integrity in their course. For additional information, the CVA Academic Integrity Policy is posted on the CVA website.

Additional General Information

- Students must complete the mandatory online CVA Student Orientation each term before any course work will be graded by the instructor. Only one Student Orientation is completed each term.
- All course work must be submitted through Blackboard in the format requested. Students should have access to Microsoft Office and submit assignments in that format. All CCSD students have access to Office 365 Suite. Assignments submitted through email will not be accepted.
- The 'Grade before Final Exam' column in the student Grade Center shows the current grade for the course and is automatically calculated.
- Students in all sections of this course will take an online final exam during the times indicated on the CVA website.

Final Exam Exemption

In order to qualify to exempt the Final Exam in this course, students must:

- Submit ALL coursework on or before the Due Date
- Have an 85% Course Grade or higher before the Final Exam
- Have no more than 1 Academic Integrity violation