

COURSE OUTLINE - HEALTH

MR. SCHMICKRATH

Class Rules:

- Be on Time. Be in your seat when bell rings!
- No Eating or Drinking in Class
- No Gum
- Quiet Work Time is just that, USE IT!
- In group activities, you must pull your fair share of the load.

Grading:

Grades will be based on the total number of points accumulated in the various assignments.

A = 100% to 90%

B = 89% to 80 %

C = 79% to 70 %

D = 69% to 60%

F = Below 60%

Assignments:

Assignments will consist of a wide range of activities. These activities may include, but are not strictly limited to:

- ◆ Tests
- ◆ Quizzes (Mainly on Vocabulary or Notes)
- ◆ Written Work from the Book
- ◆ Internet On-Line assignments
- ◆ Cross Word Puzzles
- ◆ Skits
- ◆ Development of a Health Newsletter of the Human Body
- ◆ Teaching one component of Health to the class
- ◆ Creating Posters (1 on Drugs, 1 on Alcohol, 1 on Tobacco, 1 on Nutritional Labels, 1 on Food Pyramid)
- ◆ Developing Your Own “ Personal Fitness Inventory ”
- ◆ Taking a paper test to evaluate Emotions
- ◆ Videos
- ◆ Participation in Group & Class Activities
- ◆ Final Exam
- ◆ Mock Trial Simulation of a DWI case

Extra Credit:

Extra Credit may be granted on ANY assignment that I believe goes above and beyond the ordinary standards for an "A". Example: I show a video and ask you to write down 25 things you learned from the video. You put down 30. Instead of 25 points being awarded (the maximum), I give you 30 points.

There will be no other extra credit possibilities beyond that which will be available on EVERY assignment.

Homework:

Homework is due the next day, unless you have an excused absence, in which case it is due when you return. If you are absent when work is assigned, and it is an excused absence, you have one day to make up the missed assignment. Attach your re-admit to your work.

Group Assignments:

In some assignments, you will work in a group. Sometimes I will let you choose your own groups, and other times you will be assigned to groups by me. Part of your points in a group assignment may come from an evaluation by the other members of the group as to how well they felt you contributed to the group effort. This will be done by an anonymous group evaluation turned into me.

Internet:

I will post assignments and grades on the internet. My web site is: **schmickrath.com**
When there are assignments where you will need a printed hand-out, I will have them on the web site in **PDF** format. This format is a universal format that allows documents to be printed and look just as I created it, no matter what computer or printer you use. You will need **ACROBAT READER** from Adobe Systems to view and print these files. This is a **FREE** Program that can be downloaded from **ADOBE.COM**. I have a link on my web site that will take you to the proper place.