

Syllabus Frosh Health

**Fall 2018
Semester 1**

Introduction

Welcome to Bear River's Frosh Health Class! Each freshman will complete this semester long course, introducing a variety of important topics that we will discuss in class. Students will do individual work, have group discussions, watch videos, and complete group projects.

Topics Covered

- Introduction to Health and Wellness
- Health Behavior Change and Personal Health
- Choosing Healthy Lifestyles
- Understanding Your Body
- Diseases and Disability
- Nutrition
- Physical Activity
- Stress Management
- Tobacco
- Alcohol
- Drugs and Medicine
- Healthy Relationships

Rebekah Thompson will be coming to our classroom on several occasions during our Sex Education Unit. She will be focusing on our Positive Prevention curriculum, discussing such topics as sexually transmitted diseases and healthy relationships.

Late and Make-up Work

Students will receive 50% credit for late work, as they will usually be given ample time to finish work in class. Homework will generally not be given in class, however, unfinished or make-up work may need to be completed at home. Make-up work is due based upon days missed (i.e. 1 day missed, 1 day to complete).

Grading

- A 90%-100%
- B 80%-89%
- C 70%-79%
- D 60-69%
- F 59% or below

If you or your student needs to reach me, my email is jkrill@njuhsd.com