**Freshmen Health – Course Syllabus – Notre Dame High School**

**Mrs. Fenton**

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**Course Introduction**

Welcome to Freshmen Health and Wellness at Notre Dame High School.

This course is designed to provide information needed to make important decisions about health, wellness, and individual lifestyle. Topics related to health such as personal health and wellness, social and emotional health, safety, nutrition and physical activity, systems of the body and diseases, mental health and disorders, and learning to cope with stress will be discussed. Emphasis will be placed on the student’s acquiring knowledge and assuming responsibility for one’s own health.

Learning will take place through teacher-class discussion, reading handouts, taking notes, videos, computer activities, supplemental reading, and of course homework, quizzes and tests.

I am looking forward to getting to know each of you and providing you with a challenging but rewarding experience this year.

**Course Goal:**

The overall goal of this course is for students to learn about a wide variety of health topics and be able to make positive health decisions for themselves in the future based on the information that is presented to them.

**Method of Evaluation**

Tests

Quizzes (announced)

Midterm Exam

Homework Assignments

Projects

**Course Tools**

Notebook

 Colored pencils

**Course Outline**

* **Introduction to Wellness and the four dimensions involved in Wellbeing**
* **Immune System and diseases**
* **Communicable diseases and Prevention**
* **Cardiovascular System and diseases**
* **Digestive System and diseases**
* **Skeletal System and diseases**
* **Muscular System and diseases**
* **Nervous System and diseases**
* **Integumentary System and diseases**
* **Endocrine System and diseases**
* **Respiratory System and diseases**
* **Urinary System and diseases**
* **Reproductive System and diseases**
* **Sexually Transmitted diseases**
* **Mental Health, Disorders, Coping with Stress**
* **First Aid and Safety**

**Homework Assignments**

Most assignments will be completing packets. If a homework packet is handed out it will be due the day of the test. This will afford all students the opportunity to use their packets as a study guide for each test.

Packets will be returned to students for midterm exam and final exam.

**Please feel free to reach out to me at any time with questions or concerns.**

**Mrs. Cheryl Fenton**