

Name: \_\_\_\_\_

## Health Syllabus

Welcome to Health Education. My name is Brad Mortensen, I will be teaching Health Education at Roots Charter High School this year. I am very excited to get to know you this year.

This semester we will be exploring ways to live healthier and happier lives.

The course is divided into Eight sections:

**1<sup>st</sup> Quarter**      -Health and Wellness      -Human Growth and Development

-Physical Fitness and Nutrition   -Emotional and Mental Health

**2<sup>nd</sup> Quarter**      -Disease and Disorders      -Tobacco, Alcohol, and Drugs

-Building Healthy Relationships      -Safety and First Aid

The course is a combination of class instruction, computer assignments and in class assignments. Every student should pass this course if they are in class, paying attention, and turning in assignments. It is my goal to help all my students to pass this course. Success in school is VERY HEALTHY.

Grades will be based as follows:

20% Assignments

10% Tests and quizzes

60% Attendance and participation.

Each assignment, test and quiz will have a point value and will be scored on a percentage basis. 100-90%-A, 89-80%-B, 79-70%-C, 69-60%-D below 60% will be considered an Incomplete.

Make up work will be accepted until one week prior to the end of the quarter, however, all work turned in after the unit is completed in class will be marked down 10%.

Each day students will receive 5 point for attending and up to 5 points for participation. Students will be expected to pay attention, be involved in discussions and work on assignments during work times.

I expect everyone in the class to be respectful, kind and polite to everyone else in the class (this includes me). Failure to do so will not be tolerated, if a student has to be reminded how to behave more than twice they will be asked to leave the class and all points for the day will be forfeited (gone).

If a student has to be asked to leave the class more than twice they will have to meet with myself and a principal before being readmitted to class.

Cell phones will not be allowed in my classroom, unless we are working on them for an assignment. The first time I see a phone I will ask you to put it away. Second occurrence will result in loss of the phone until the end of class. If student doesn't give up the phone, the student will be asked to leave and all participation points forfeited.

I anticipate a great and fun semester and hope to learn along with you, the student.

If you have questions or comments please contact me at [bmortensen@rootshigh.org](mailto:bmortensen@rootshigh.org) or call the school and leave a message, I will respond as quickly as possible.

Students, signing this document means you have read this document, understand it and intend to abide by class rules.

Parents and guardians, please help your student make healthy choices this year (and in the future). Talk to them about what they are learning in class and contact me with any concerns.

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Student's signature

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Parent or Guardian's signature