



## HEALTH COURSE SYLLABUS

Instructor: Ms. Lawrence

Course hours: Monday – Friday

Office hours: Available for conference with 24hour notice.

Email: lawrencen@duvalschools.org

Office: Room C-201

Phone: 924-3092

### Course Description

An examination in making healthy life choices and the promotion of wellness will be emphasized in the high school setting. This course is intended to inform and encourage students to proactively approach health through avenues such as physical fitness, nutritional awareness, and stress management to name a few.

### Student Objectives

1. Increase their understanding of nutritional importance and wellness as it relates in the high school setting.
2. Learn how to take responsibility for both personal and community aspects of disease prevention and wellness, both now and in the future.

### Grading Scale

1000 Points = A+

999 – 950 = A

949 – 900 = B

899 – 850 = C

849 - 800 = D

Below = F

Students will have an opportunity to participate in **GRADE RECOVERY**. However, **GRADE RECOVERY** is not a vested right automatically conferred upon a student who receives a failing grade. It is simply a means to assist students who have made an effort to be successful in a course but failed to make adequate progress meeting the standards during a grading period.

Required Materials

Students must bring portfolio to class everyday

Textbook/utensils