

Course Purpose / Objective

This course is designed to accomplish the following goals:

- to emphasize that the Christian body is a temple of God;
- to encourage and teach students to take responsibility for their personal health; and
- to develop the necessary life skills for making well-informed, positive health-related behaviors.

Course material will be presented using classroom instruction, discovery/study teams, and assessment (classwork, homework, presentations, quizzes, and exams).

Instructor

Eric Allen Brucker PhD

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Textbook

None required

Course Outline

Unit 1	Personal and Mental Health	<i>wellness, emotional well-being, self-esteem</i>
Unit 2	Stress Management	<i>stress, coping skills, suicide prevention</i>
Unit 3	Drug Prevention	<i>medicines, tobacco, alcohol, prevention</i>
Unit 4	Disease Prevention	<i>cancer, cardiovascular, STDs, HIV/AIDS</i>
Unit 5	Safety and Injury Prevention	<i>preventing violence, managing emergencies</i>
Unit 6	Human Growth & Development	<i>body systems, sexuality, relationships</i>

Workload and Grading

classwork	daily participation, written activities
homework	evaluations and assessments (10 points each)
exams	one per unit (100 points each)
projects	as needed (100 points each)

Required Materials

notebook
writing utensil

Rules

Respect
see also Student Handbook

Procedures

seating	assigned (at lab tables) bring everything needed for class including planner may bring a drink but not food (except during laboratory exercises)
behavior	mature adolescent Christian, "eyes here" <i>note: you will create your own procedures for dealing with health-related issues</i> in lab: extremely careful, no horseplay
homework	handed in on due date, always individual work (no groups), "over and up, yours on top"
cabinets	closed cabinets off-limits (except under microwaves) open bookshelf for reference materials (all which stay in room)
dismissal	bell for instructor, then instructor dismisses class
tardy	stand at door and ask permission to enter during natural break
absent	receive assignments from classmate