Independent 8th Grade Health & PE
Class Syllabus
2015-16

Teacher Contact:
Mrs. Gibson  gibsonk@issaquah.wednet.edu
Ms. Knudtson  knudtsone@issaquah.wednet.edu

Curriculum content, instruction, grades, assignments

District Contact:
Ms. Nancy Stewart, Teaching and Learning, (425) 837-7147 or stewartn2@issaquah.wednet.edu
Class Registration, course requirements, FLASH and HIV/AIDS Parent Preview

Course Requirements:

1. **Pay** $120 class fee to our building bookkeeper. All payments due in full April 29, 2016.
2. **Check-out** the eighth grade Health textbook from our bookkeeper.
3. **Attend** the Class Orientation and thoroughly read the course syllabus.

**Date:** Thursday, September 17, 2015  
**Time:** 7:30 – 8:00 am  
**Location:** PCMS Main gym

4. **Read** the assigned text:

<table>
<thead>
<tr>
<th>Chapters</th>
<th>Topics</th>
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<tbody>
<tr>
<td>1 - 9</td>
<td>MENTAL/SOCIAL HEALTH</td>
</tr>
<tr>
<td>10 - 12</td>
<td>NUTRITION, PHYSICAL ACTIVITY</td>
</tr>
<tr>
<td>15 (Lesson 3)</td>
<td>DIGESTIVE SYSTEM</td>
</tr>
<tr>
<td>19 - 22</td>
<td>MEDICINE, ILLEGAL DRUGS, THE BRAIN</td>
</tr>
<tr>
<td>27</td>
<td>FIRST AID/CPR</td>
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5. Thoroughly answer, **in complete sentences**, all Chapter Assessments at the end of each Chapter. Please answer the questions in one Microsoft Word document, include student name on each chapter and note which chapter, and question number you are answering. The beginning of each chapter should start at the top of a new page. Please use a 12 font.  
   - For Chapter 15, lesson 3, complete the lesson 3 assessment, Questions 1-5 on page 428.
   - **Check the last page of the course syllabus for examples of how to answer the questions!!**

6. **Sign-up and attend** FLASH and HIV/AIDS class. **THIS IS MANDATORY FOR ALL STUDENTS!** (Opt out information explained below.)
   1. Go to PCMS Independent Health site.
   2. Click on FLASH & HIV/AIDS session sign up link.
   3. Sign up for your preferred dates using link and submit your request.

   **Students may not attend without registering prior to the class.** Class space may be limited. Students will need to register to attend both Session 1 and Session 2 classes.

   All students must register
Each class is four hours. We encourage students to bring their own snacks, beverages, and lunch/dinner. Students will need to arrive and stay for the entire class in order to receive the learning and the credit for this portion of the class. Students arriving late or leaving early may need to repeat the session in order to receive class credit. Please be seated and ready to begin at the start time, with your ride home pre-arranged to arrive promptly at the end time.

Session 1 (FLASH): Introduction to Sexual Education, Puberty, Reproductive System, Pregnancy, and Communication

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>1 Tuesday Nov. 3, 2015</td>
<td>2:30pm-6:30pm</td>
<td>PCMS Library</td>
</tr>
<tr>
<td>2 Thursday Nov. 5, 2015</td>
<td>2:30pm-6:30pm</td>
<td>PCMS Library</td>
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Session 2: STDs, Touch & Abstinence, Teen Parenthood, Defending Your Rights, Birth Control, and HIV/AIDS (1 hour)

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>1 Tuesday Jan. 26, 2016</td>
<td>2:30pm-6:30pm</td>
<td>PCMS Library</td>
</tr>
<tr>
<td>2 Thursday Jan. 28, 2016</td>
<td>2:30pm-6:30pm</td>
<td>PCMS Library</td>
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*In order to excuse your child from the HIV/AIDS education it is a state requirement for parents to attend one of the following district Parent Preview sessions:

- Tuesday, September 15, 2015, 6:00 – 7:30 pm at ISD Administration Boardroom
- Saturday, September 19, 2015, 9:00 – 10:30 am at ISD Administration Boardroom
- Tuesday, September 29, 2015, 6:00 – 7:30 pm at ISD Administration Boardroom
  - The Parent Preview will include curriculum in both FLASH and HIV/AIDS
  - Attending the Parent Preview is a state requirement in order to excuse your student from the HIV/AIDS lesson
  - If you choose to opt your student out of FLASH and you have questions, contact Nancy Stewart, 425-837-7147 or stewartn2@issaquah.wednet.edu
  - The HIV/AIDS portion of the class is the last hour of Session 2.

7. Fulfill PE Requirement

Eighth graders who have registered for Independent Health must fulfill their Independent PE requirement by maintaining a Fitness Log that describes the student's physical activity, records a minimum of 75 hours of physical activity, and is verified by a parent/guardian.

Acceptable fitness activities:
1. Individual, dual, or team sports
2. Exercise/Fitness classes
3. Any exercise that gets the heart rate at least into the target heart rate zone, which is 144-166 beats per minute for a 13 or 14 year old; 24-28 beats for a 10 second pulse count. At this level, students should be breathing hard and/or sweating. The intent is that students are getting a good workout and achieving/maintaining a healthy fitness level.
4. Activities/sports that include a coach/trainer who will verify fitness levels and time commitment.

Unacceptable activities: walking (the dog, family walks, walk to school or to the bus), zip line, sledding/snowmobiling, casual bike rides, etc.

The Fitness Log is posted on the Independent Health website for download. Please total the hours accumulated prior to submitting your Fitness Log.

The Fitness Log should be submitted with all the coursework no later than April 29th, 2016.

8. Chapters 1 - 9 must be received by January 29, 2016.
9. Chapters 10-12; Chapter 15; Chapters 19-22 & Chapter 27 must be received by April 29, 2016.

Put your coursework in a manila envelope addressed to ”Independent Health” delivered to the PCMS main office. Make sure your name is on all of your work.

**Coursework cannot be turned in electronically.**

- Please note – This course is designed for independent learners who are capable of taking on the workload of an extra academic class. Please make sure this class is a good fit for your student prior to signing up. Only successfully completed work can receive a passing grade.

- Please keep the Family Access email address/contact information current, as there may be a need to communicate with parents/guardian.

Grading:
A separate Pass/Fail grade will be posted at the end of the school year for PE and for Health. Only successfully completed work can receive a passing grade.

Contact information:
Nancy Stewart, District Curriculum Specialist, stewartn2@issaquah.wednee.edu (425) 837-7147

- FLASH and HIV/AIDS Parent Preview
- Questions about the course requirements, registration and materials

Kathy Gibson and Beth Knudtson, Independent Health Teachers, gibsonk@issaquah.wednet.edu and knudtsone@issaquah.wednet.edu

- Questions/concerns about curriculum content and instruction
- Grades, assignments

Kevin West, Building Bookkeeper

- Class fee, textbook
Independent Health
Organizational Checklist

1. ____ Pay course fee

2. ____ Check out Text/ receive online access

3. ____ Attend Orientation (September 17, 2015)

4. ____ Read Coursework

5. ____ Answer Questions using complete sentences!

6. ____ Register & Attend FLASH/HIV Session 1 and 2, or complete opt out process.

   **USE FLASH & HIV/AIDS session sign up link on the PCMS Independent Health site.

7. ____ Fulfill PE fitness requirements (75 hours)

8. ____ Deliver completed coursework by Jan. 29 and April 29.

For Vocabulary Review questions, underline the word and use it in a complete sentence:
Chapter 4 Lesson 1:
1. **Stress** is the reaction of the body and mind to everyday challenges and demands.

For multiple choice responses, put the letter choice after the question # and use a complete sentence:
Chapter 4 Lesson 1:
4. C, The amount of stress that you experience mostly relates to your perception of stressors.

For Thinking Critically questions, write a short answer using complete sentences.
Chapter 4 Lesson 1:
7. The 5 categories of stressors are: Life situations, environmental stressors, biological stressors, cognitive stressors and personal behavior.