

FRESHMAN HEALTH

PEH 100 • 2019-2020

Mrs. Jarosz

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 Available days and hours: M-F period 3, 8 & 9

Course description*

This is a required coeducational class using a wellness approach and stressing prevention and self-responsibility through informed choices. Topics include: Physical Wellness (chronic diseases, tobacco, nutrition, weight control); Mental Wellness (self-concept, stress, relationships, assertive behavior, sexual harassment); Drug Awareness (alcohol, marijuana, other drugs, use/abuse/addiction); and Healthy Sexuality (reproductive system, pregnancy, childbirth, abstinence, birth control, STDs).

Credit weight*

College Prep

[Link to published core curriculum map*](#)

Priority Standards*

- Students know environmental and external factors that affect individual and community health
- Students know how to maintain mental and emotional health
- Students know how to access accurate health information.
- Students understand essential concepts about nutrition and diet
- Students understand aspects of substance use and abuse
- Students know how to maintain and promote personal health
- Students know how to make positive health decisions related to sexuality
- Students recognize the influence of culture, media, technology, and other factors on health.
- Students communicate effectively to enhance health-promoting habits and respectful interactions.

Grading Categories* (Common for all instructors of this course)	Category Percent Weights* (Common for all instructors of this course)
Homework	50%
Test/Quizzes	50%
Semester Final Exam	20%

Leyden High School D212 Common Grading Scale*: 90 - 100 A; 80-89 B; 70 - 79 C; 60 - 69 D; Below 60- F

