

TOPICS OF STUDY:

DISEASES

- communicable
- non-communicable
- tobacco, alcohol & drugs

PERSONAL FITNESS:

- SKELETAL SYSTEM
- MUSCULAR SYSTEM
- CIRCULATORY SYSTEM
- AEROBIC EXERCISE
- STRESS

body image

- steroids
- eating disorders

NUTRITION

- CALORIES
- BMR
- BMI
- NUTRIENTS
- DIET

HUMAN GROWTH

- BIRTH
- ADOLESCENCE/PUBERTY

How does this class work???

Tests – tests come at the end of each topic. They are multiple choice, true or false, and/or matching. Retakes are allowed based on school policy.

Quizzes – You will have approximately 6 quizzes this trimester. All quizzes will be announced at least one block prior to being given. I will explain my policy for make-ups during class.

Homework - Yes, you will have homework in this class. There will be *approximately* 9 homework assignments. Some will be due the next block, some you will have more time. None of these assignments are difficult.

Always remember: You are responsible for any missing assignments. I will be available on BLUE days during advisory. I will not be here during advisory on RED days. Any test(s) you have missed should be made up as soon as possible. Don't delay making up a test.

BY THE WAY:

1. Always keep your head up. Don't bury your head in your desk.
2. If you were absent last class, ask me before class begins for any worksheets or work you might have missed. Do not wait!
3. Keep all 4 legs of your chair on the floor.
4. Only leave for the restroom or a drink during a break...don't interrupt me, unless it's an emergency. Always sign-out on the clipboard.
5. You don't need anything special...no spiral notebooks, etc.
6. GROSS OUT ALERT!!!

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