

# ONLINE HEALTH EDUCATION

Summer 2021

St. Joseph Catholic Academy

## COURSE INFORMATION

- **Instructor:** Alyssa Lueck
- **Dates:** June 7<sup>th</sup> – August 4<sup>th</sup>
- **E-mail:** [alueck@sjcawi.org](mailto:alueck@sjcawi.org)
- **Phone:** 262-215-8420
- **Cost:** \$200.00 due with registration form.

## COURSE DESCRIPTION

This required course is designed to provide St. Joseph Catholic Academy students with current factual information about their personal health and well-being. Through this course students will learn how to analyze surrounding influences, identify risks, make health enhancing decisions, set health related goals, and learn how they can advocate healthy behavior for peers. In addition, the required text, Pearson Health, is designed to correlate with the National Standards for Health Education.

This course is designed for independent learning. Students with academic challenges will not receive support from the Learning Resource Center during the summer.

## UNITS COVERED

- **MENTAL HEALTH:** Personality, Self-esteem, Emotions, Managing Stress, Mental Disorders and Suicide.
- **SOCIAL HEALTH:** Family Relationships & Building Healthy Peer Relationships.
- **NUTRITION:** Food, Nutrition, Making Healthy Food Choices, Digestion and Excretion.
- **PHYSICAL FITNESS:** Movement, Coordination, Cardiovascular and Respiratory Health & Personal Care.
- **SUBSTANCE ABUSE:** Alcohol, Tobacco & Preventing Drug Abuse.
- **HUMAN DEVELOPMENT:** Reproduction, Heredity, Pregnancy, Birth, Childhood, Adolescence and Adulthood.
- **PREVENTING DISEASE:** STI's, AIDS & Infectious Diseases.

## STUDENT MATERIALS

### 1. TEXT BOOK – Pearson Health

\*\*There is **NO** eBook for this class, so on the first day of class each student will receive a copy of the Text Book that they will have to “check out” – Each student is responsible for their assigned text book and it **MUST** be turned in at the end of the class in August **OR THE STUDENT WILL BE RESPONSIBLE FOR PAYING THE SCHOOL BACK FOR THE COST OF THE BOOK (\$90.00)\*\***

### 2. COMPUTER

### 3. INTERNET ACCESS

\*\*This class is WEB BASED therefore students will **NEED** to have access to the INTERNET in order to successfully complete this course.\*\*

# COURSE OUTLINE

## ➤ FACE TO FACE CLASSES

- The class will be meeting three times throughout the Summer Term at SJCA in the Cafeteria. These face to face classes are **MANDATORY** and students will **NOT** Pass the course if they miss any of these classes. Alternate dates for face to face classes must be approved by the instructor.
- **June 7<sup>th</sup> – 3:30 – 4:30 p.m. – 1<sup>st</sup> Class** – In this class the instructor will be handing out the Textbook and going over the course on Canvas. This is a time for the instructor to make sure each student understands how to use Canvas and if there are any questions about the course.
- **July 7<sup>th</sup> – 3:30 – 4:30 p.m. – 2<sup>nd</sup> Class – MIDTERM** – During this class, students will be taking a midterm exam. It will cover all of the chapters up to this date. (Ch. 1-6, 8-12).
- **August 4<sup>th</sup> – 3:30 – 4:30 p.m. – FINAL** – During this last class, students will be taking their final exam. It will cover the remaining chapters of our course. (Ch. 14-22). In addition, students will be turning in their textbook to the instructor. Students will **NOT** receive a Final Grade for the course until they return their textbook to the instructor

## ➤ STUDENT EXPECTATIONS

- This class will be delivered completely online. It is a complete web-based class coordinated through **CANVAS** and the instructor. As a student choosing to enroll in this Online Health Course each student will need to take **EXTRA RESPONSIBILITY TO WORK INDEPENDENTLY!** Students are expected to read assigned chapters, review online lectures, participate in discussions, take quizzes and submit assignments by the established due date.

## ➤ WORK POLICIES

- Students will **NOT** be able to make up work once the due date has passed. **NO EXCEPTIONS.**
- ***The instructor will allow students to work ahead as long as the work is completed in the proper sequence.***
  - Each module is named weekly and ends with a quiz that must be completed by the Sunday of that week – no exceptions, but if you work ahead you can go to the next module as long as the work is done in the one before
  - If you need to arrange a different time to take the midterm you are still responsible for completing the work **BEFORE** you take the midterm – no exceptions.
  - If you need to arrange a different time to take the Final it must be scheduled **BEFORE** the class is set to end on August 5<sup>th</sup> and all work must be turned in prior to the student taking the final.

## ➤ GRADING

*\*\*The LETTER grade awarded in this course will be included in the calculation of the cumulative GPA\*\**

- **Assignments / Projects** **35%**
  - There will be assignments every week in each module that pertain to the reading.
  - The instructor will assign projects throughout the course for students to complete in a timely manner. It is the student's responsibility to know the due dates for each project.
- **Discussions** **15%**
  - Students answer / response to the discussions will be due by Thursday at (11pm).
- **Quizzes** **20%**
  - There will be a quiz at the end of every week. The quiz will be the last item to complete each module and will be due every Sunday at midnight. Students will only get one attempt and it will be a timed quiz. Each student will be responsible for studying the necessary material in order to complete the quiz in the allotted time.
- **Midterm** **15%**
  - JULY 7<sup>th</sup> – Chapters 1-6 & 8-12 – at SJCA (*In Person 3:30pm, unless other time arranged*).
- **Final** **15%**
  - AUGUST 4<sup>th</sup> – Chapters 14-22 – at SJCA (*In Person 3:30pm, unless other time arranged*).