

Health 10- Mr. Stiklestad

Course Description:

The course components include individual and group assignments, discussions, projects, presentations, and quizzes/tests. This course includes units in the following:

1) Mental Health 2) Stress Management 3) Violence Prevention 4) Human Growth and Development 5) Sexually transmitted diseases and AIDS 6) Nutrition 7) Alcohol, tobacco and drug abuse 8) CPR

Course Objectives

1. Students will be able to understand concepts related to personal health promotion and disease prevention.
2. Students will be able to demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
3. Students will be able to demonstrate the ability to use goal-setting and decision-making skills to obtain goals to enhance health.
4. Students will be able to demonstrate the ability to access valid health information.
5. Students will be able to analyze the impact of culture, media, technology, and other factors on health.
6. Students will be able to demonstrate the ability to use effective interpersonal communication skills to enhance health and avoid or reduce health risks.
7. Students will be able to demonstrate the ability to advocate for personal, family, school, and community health.

Expectations:

1. You must be seated in your seat and ready to learn when the second bell rings.
2. You must be prepared for each class period including: pencil, notebook, homework and your BRAIN- "in action."
3. Respect yourself, Respect others, and Respect the classroom. Failure to follow these will result in time spent with me during lunch or after school.
4. You are **expected to be an active participant** in class including: class discussions, group work, tasks and activities.
5. You are **required** to have a notebook for journaling/notes.
6. You are to have your notebook every day in class.

Grading:

You will be graded on the following:

1. Citizenship/Participation
2. Quizzes
3. Unit tests/ exams
4. Group presentations/work
5. Homework
6. Journals

A= 100-93 A-= 92-90 B+= 89-87 B= 86-83 B-= 82-80

C+= 79-77 C= 76-73 C-= 72-70 D+= 69-67 D= 66-63

D-= 62-60 F= 59% or less

Dear Parents/Guardians,

My name is Mr. Kyle Stiklestad and I am looking forward to this coming school year with your child. I am the Health and Physical Education teacher at Lancaster High/Middle School. I recently graduated from the University of Wisconsin- La Crosse with a double major in Health and PE. I taught for 2 years in Hayward and now am here in Lancaster. You can expect your children to be active learners in my class and learn multiple skills while participating. I am looking forward to meeting you and your child and expect this to be a great school year. I keep an open door policy for you and your child if you have a question or problem, please contact me ASAP. I am more than willing to sit down with you and discuss your concerns. Thank you for your time I hope to speak with you soon.

Phone: 608-723-6397 ext. 328

E-mail: stiklestadk@lancastersd.k12.wi.us

Mr. Kyle Stiklestad
Health/ Physical Education
Varsity/JV Assistant Football Coach
Varsity Assistant Track Coach

Mr. Stiklestad's Syllabus

Students Name: _____

Class: _____

Due Date: 9/7/2012

Dear Parents or Guardian,

In signing this document you have read the class syllabus and understand the expectations for your child. Your child knows that they are to hand this in by the due date above. Your student will be receiving participation points for handing this document in. Below, please provide any contact information, special requests or concerns you may have for your student. Feel free to contact me @ stiklestadk@lancastersd.k12.wi.us or 608-723-6397 ext. 328

Thank you,
Mr. Stiklestad

Contact Information: (Phone #, address, e-mail, etc.)

Special Requests:

Parent or Guardian Name:

Parent Signature:

Student Signature:
