COURSE SYLLABUS

HPEB 100
BOYS HEALTH

I. COURSE DESCRIPTION
Boys’ high school health is a one-semester course on developing overall health and wellness in the following areas: Spiritual, Mental and Emotional, Physical, Social, and Preventative (First Aid and Safety). Students will be introduced to faithful stewardship of their bodies as it relates to a lifetime of health and wellness.

II. RATIONALE
Health Education includes all areas of a person health needs. Among these are; spiritual, physical, mental, emotional, social, community and preventative. Developing each of these areas will provide a lifetime of good health and wellness. A person with a proper understanding of total body health will tend to embrace a lifestyle of wellness and will be more productive in their society.

III. PREREQUISITES
None

IV. MATERIALS LIST
Webcam and microphone

V. MEASURABLE LEARNING OUTCOMES
The student will be able to:
A. Identify indicators of strong spiritual health and application to their daily lifestyle.
B. Explore biblical principles of biblical manhood.
C. Identify factors to achieve and maintain spiritual health.
D. Identify the energy systems and exercises related to each one.
E. Demonstrate an understanding of various body systems
F. Identify nutritional factors of a healthy lifestyle
G. Examine effects of drug and alcohol abuse and ways to prevent abuse.
H. Explore the connection of Mental Health to a proper understanding of identity found in Christ.
I. Identify process of dealing with Death and Dying from a biblical standpoint.
J. Explore areas of service that can help others in need and the impact on overall community and social health.
K. Examine current healthcare related issues and its impact on society.
L. Identify proper first aid for various injuries and illnesses.
M. Identify and assemble necessary components of a first aid kit.
N. Identify and develop a home emergency plan.

VI. COURSE REQUIREMENTS AND ASSIGNMENTS
A. 56 - Daily work short quizzes and/or short essays
B. 5 – module exams
C. 5 – projects / research papers
D. 1 Final written exam

VII. COURSE GRADING AND POLICIES
A. Grading Weights
   Daily work – including video uploads   25%
   Quizzes, weekly logs                  35%
   Tests and final workout plan          40%

B. Scale
   A  90 – 100
   B  80 – 89
   C  70 – 79
   D  60 – 69
   F  Below 60

VIII. Other Policies
A. Academic Misconduct
   See pages 32-35 of your Student Handbook
B. Repeating Assignments
   Students may repeat lesson twice. Quizzes and tests cannot be repeated to gain a higher grade. Quizzes and tests may be reset for technical issues, but a new set of questions will be generated.