

**MVLA
2019-20
COURSE INFORMATION SHEET**

Course Title: Health & Wellness

School: Mountain View High School

UC/CSU requirement: Yes

Textbook and/or other learning resources: *Comprehensive Health*

Student Learning Outcomes:

Health is a state of well-being. Wellness is a process of becoming more mindful of the choices we make & behaviors we engage in. Health & Wellness will cover essential health topics & contemporary health issues affecting teens, including all of the required health education content & standards. Topics include personal & community health, mental, emotional & social health, nutrition & physical activity, alcohol, tobacco, & other drugs, injury prevention & safety, & growth, development, & sexual health. This course is designed to support students in developing health literacy and positive health attitudes, promoting health enhancing behaviors, & practicing necessary skills, such as analyzing influences, accessing valid information, interpersonal communication, decision making, goal setting, & stress management. Students will work through an effective wellness process in each of the content areas, including personal analysis of health influences & choices, identifying root causes of risky & healthy behaviors, & applying health enhancing skills. We will cover additional social & emotional topics, such as the science of well-being or positive psychology, neurological development, mindfulness, focus, happiness, optimism, resilience, flow, motivation, effective goal setting, perfectionism, failure, creativity, & empathetic communication. The overall goal of this course is to help students develop knowledge, attitudes, & skills to live a healthier, happier, more mindful & meaningful life.

Assessment and Grading ([BP 5121](#) / [AR 5121](#)): To ensure that every student has an equal opportunity to demonstrate their learning, the course instructors implement aligned grading practices and common assessments with the same frequency.

1. Grading categories and their percentage weights:
20% = Homework Completion 20% = Participation
60% = Summative Assessments: Measures of knowledge & skills of California Content Standards for Health...
2. Achievement evidence collected within each grading category: *Students will complete a major, summative assessment in each unit. These will be authentic assessments, which include the use of content knowledge, health skills, wellness practice, & real life applications. Participation will be assessed through classwork-formative assessments including self assessments, journals, documentary analysis, skill building activities, & group presentations.*
3. Grading scales: *A = 90-100% B = 80-89.99% C = 70-79.99% D = 60-69.99% F = below 59.99%*
4. Homework/outside of class practices ([AR 6154](#)): *Textbook Homework will be given regularly for class preparation. Extension activities will be given to facilitate real life application of healthy practices and skills.*
5. Excused absence make up practices ([Education Code 48205\(b\)](#)): *Make up work will be accepted without penalty after excused absences.*
6. Academic integrity violation practices ([MVHS Academic Integrity Policy](#)): *Academic integrity violations will be addressed in accordance with the MVHS Academic Integrity Policy.*
7. Late work practices: *Late work will be accepted, but will impact the Work Habits grade.*
8. Revision practices: *Revisions may be done on assessments to show improvement & replace previous scores.*
9. Extra credit practices: *Extra credit is not given. To raise their grades, students should make up missing work &/or revise previous assessments.*

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