



# 7th Grade Health Education

## COURSE INFORMATION

Title: Health Education  
 Location: Room 120  
 Teacher: Mr. Santana  
 Office Hours: Based on your Class (Check Google Calendar)  
 Email: [alejandro\\_santana@nmcusd.org](mailto:alejandro_santana@nmcusd.org)

## COURSE DESCRIPTION

Health is designed to help students learn about their changing bodies, to help them sort out emotions and personal values, to aid them in maintaining optimum health as a lifelong process, and to show students how to take responsibility for making healthy decisions. This course is designed to prepare students for lifelong decision-making and problem solving skills related to health and wellness issues impacting individuals and families. The curriculum includes the following: Nutrition and Physical Activity, Growth and Development, Sexual Health, Injury Prevention and Safety, Alcohol, Tobacco, and Other Drugs, Mental and Emotional Health, Social Health, Personal and Community Health.

## CLASS EXPECTATIONS/RESPONSIBILITIES

- Students will be expected to participate in ALL class meetings/discussions.
- Students are expected to be on time.
- Students must use the bathroom before logging in.
- Students must log in with the camera on and on mute.
- Use the chat box respectfully and stay on topic.
- Computers must be charged or charging.
- Assignments must be turned in on time, late submission will result in point deduction.

## GRADING SCALE

- Your grade will be an accumulation of points on class assignments, homework, tests/quizzes, research projects and daily classroom participation/attendance.

100% - 90%	A+ A A-
89% - 80%	B+ B B-
79% - 70%	C+ C C-
69% - 60%	D+ D D-
59% - 50%	F
Late Work	Up to 70% C-
Incomplete	60% or lower

**Live Zooms: You are expected to attend all live Zoom classes.** Sign on a few minutes early, and wait in the waiting room until I admit you to class. **BEFORE** coming to Zoom class please see the [NMCMS Zoom Expectations](#).

**Office Hours:** You can sign up for office hours to have one-on-one or small group help. Sometimes, I may be asking small groups to attend office hours for extra help or instruction. It's best to schedule an office hours appointment if you want one-on-one help. To locate my office hours, look at the "Course Resources" section of your Google Classroom.