

# KEMPER ACADEMY

## HEALTH

2024- 2025

Instructor: "Coach River" Keaton

Email: TBD

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### COURSE OVERVIEW

Students will learn how to become healthier individuals- both physically and mentally. Students will gain knowledge in overall physical health, social health, mental health, substance abuse and disorders, and nutritional wellbeing.

### COURSE MATERIAL TO BE COVERED

- Mental Health
- Social Health
- Nutrition
- Physical Fitness
- Substance Abuse
- Human Development
- Preventing Disease
- Community Health and Safety

### SUPPLIES REQUIRED

- 1" inch binder with paper
- pencils
- 5- tab binder dividers

### GRADING SCALE

- Classwork: 15%
- Homework: 15%
- Quizzes: 50%
- Nine Weeks Test: 20%