

## **Health**

**Course:** Health

**Level:** Grade 6

**Prerequisite:** None

**Text:** None

**Course Description and Overview:** Sixth grade health acts as an introduction to the benefits of a healthy lifestyle. In addition, the students will focus on basic first aid, the use and misuse of inhalants, character education and environmental health.

**Course Objectives:** Sixth-grade health class will stress the importance of total wellness of mind and body.

**Requirements:** Students will complete a binder of first aid procedures to follow in case of an emergency.

**Writing Requirements:** Students will write reflections on specific topics.

**Evaluation/Grading Policy:** Grades will be determined from quizzes, tests, guided activities and class participation.

### **Course Outline:**

#### **Total Wellness**

- Physical
- Social
- Emotional/Mental

#### **Basic First Aid**

- Recognizing an emergency
- Shock
- Wounds and Bleeding
- Fractures and Broken bones
- Strains and Sprains
- Burns
- Poisoning
- Choking
- Infant Rescue Breathing

**Character Education**

- Cooperation
- Helpfulness
- Self-control

**Inhalants**

- Types and Accessibility
- Physical and Psychological Outcomes
- Refusal Skills

**Environmental Health**

- Identifying hazardous conditions in school and in the home
- Effects of the environment on one's health
- Personal involvement in maintaining and improving the environment

## **Health**

**Course Title:** Health

**Level:** Grade 7

**Prerequisite:** None

**Course Overview and Description:** Seventh grade Health begins a focus on self-awareness and decision-making. Students learn to make healthy choices when faced with a compromising position. Refusal skills are learned and applied in both the Alcohol Unit and Tobacco Unit. Students also learn about tolerance, communicable and non-communicable diseases, and character education.

**Course Objectives:** To educate students about the dangers of alcohol and tobacco; to make students aware of the world around them.

**Requirements:** Students will keep a portfolio of class work, tests, homework, and written assignments to be turned in for a grade at the end of the quarter.

**Written Requirements:** Students will write reflections on certain topics. A journal will be kept during the Tolerance Unit. Tests will contain an essay section.

**Evaluation/Grading Policy:** Grades will be determined from quizzes, tests, journal entries, written assignments, class participation and homework.

### **Course Outline:**

#### **Smoking and Tobacco**

- History
- Review of Respiratory System
- Illnesses
  - Cancers
  - Heart Disease
  - Low Birth Weight
  - Emphysema
- Advertising Techniques/Analyzing an advertisement
- Cost of Smoking
- Refusal Skills
- Video: The Truth About Smoking

#### **Character Education**

- Generosity
- Civility
- Honesty

## **Alcohol**

- Classifications and Types
- Physical Effects
- Illnesses
  - Fetal Alcohol Syndrome
  - Cirrhosis
  - Alcohol Poisoning
- Social Situations and Decision Making
- Video: 28 Days

## **Tolerance**

- Prejudice
- Stereotyping
- Discrimination
- Racism
- Video: Remember the Titans or School Ties
- Video: The Truth About Hate

## **Diseases**

- Communicable and Non-Communicable
- 10 Leading Causes of Death
  - Causes
  - Preventions

## **Health**

**Course:** Health

**Level:** Grade 8

**Prerequisite:** None

**Text:** None

**Course Description and Overview:** The 8<sup>th</sup> grade health curriculum focuses on strengthening the physical, social and emotional well-being of the middle school student. The specific areas of health that will be addressed are marijuana, nutrition and eating disorders, human sexuality, HIV/Aids and character education.

**Course Objectives:** This course will introduce students to a variety of health topics which will foster healthy decision making and help to create life long behaviors.

**Requirements:** Complete all assignments in a timely manner. Participate in classroom activities and discussions.

**Writing Requirements:** Students will complete current events and reflections on specific topics.

**Evaluation/Grading Policy:** Quarter grades are determined from quizzes, exams, homework and class participation.

### **Course Outline:**

#### **Marijuana**

- Early uses
- Physical and psychological effects
- Attitudes, behaviors, and social situations affecting use
- Medical use
- Legalization controversy

#### **Character Education**

- Integrity
- Convictions
- Responsibility

### **Nutrition and Eating Disorders**

- Balanced diet
- Body Image
- Anorexia Nervosa
- Bulimia Nervosa
- Compulsive Overeating
- Video: Fat Like Me

### **Human Sexuality**

- Adolescent behavior
- Changes during puberty
- Reproductive systems
- Fertilization to Birth

## **Health**

**Course:** High School Health

**Level:** Grade 10

**Prerequisite:** None

**Text:** *Community First Aid and Safety* (American Red Cross)

**Course Description and Overview:** The curriculum delves into areas of health pertinent to the high school student. Individuals will gain a better understanding in the areas of substance abuse, personal safety, stress and stress management techniques, CPR, parenting skills, human sexuality and mental disorders.

**Course Objectives:** To introduce students to a variety of health topics which will assist them in making healthy decisions and develop life long behaviors.

**Requirements:** Students will be required to complete the American Red Cross Community CPR course. In addition, students will research and orally present an in-depth project on a mental disorder of their choice.

**Writing Requirements:** Students will write journals and reflections on specified topics.

**Evaluation/Grading Policy:** Quarter grades are determined from quizzes, exams, oral presentations, homework and class participation.

### **Course Outline:**

#### **Substance Abuse**

- Hallucinogens
- Stimulants
- Depressants
- Narcotics
- Marijuana update
- Alcohol: binge drinking, alcohol poisoning, legal implications of hosts

#### **Personal Safety**

- Communication styles
- Date rape

#### **Stress and Stress Management**

- Identifying stressors
- Related health risks
- Management techniques

**Community CPR**

- Infant
- Child
- Adult

**Parenting Skills**

- Ideal parent
- Teen parenting
- Types of families

**Human Sexuality**

- Emotional readiness
- Contraceptives
- Sexually transmitted infections

**Mental Disorders**