

CURRICULUM SYLLABUS

CURRICULUM AREA: **Health/Physical Education**

COURSE TITLE: **Health I**

GRADE LEVEL(S):**10-12**

COURSE DESCRIPTION: Health I is a comprehensive semester class of interrelated components stressing the choices and skills necessary for wellness. Wellness refers to the well being of your physical, mental, and social health. This process is best promoted with accurate health information, development of healthful attitudes, and behavior patterns that lead to healthful life style choices.

COURSE EXPECTATIONS / GOALS / BENCHMARKS / OBJECTIVES:

The student will:

1. Describe the relationship between health and wellness
2. Identify basic information relating to the systems of the body
3. Identify healthy qualities of personality, emotion, and relationships
4. Identify stressors and discuss healthful ways of dealing with stress
5. Identify suicidal tendencies, prevention, and ways of getting help
6. Identify substance abuse, and the impact it has on individuals and families
7. Describe the function and structure of the male and female reproduction systems
8. Identify issues of teen birth, parenthood, and abstinence

COURSE TEXTBOOKS / MATERIALS

Health Skills For Wellness 2001 Prentice Hall

MAJOR COURSE ASSIGNMENTS / REQUIREMENTS:

1. Homework Folder
2. Chapter Reviews
3. Personality Box Assignment
4. Participation

GRADING AND ASSESSMENTS (TESTS AND QUIZZES):

Health grades are based on class work, homework (approximately 40% of the semester grade) tests, quizzes (approximately 35% of the semester grade) bell ringers (approximately 10% of the semester grade) projects and participation (approximately 15% of the semester grade).

HOMEWORK:

Personality Box
Chapter Reviews
Key Terms
Work Sheets

OTHER IMPORTANT INFORMATION:

During the semester Health Course students will be given Postponing Sexual Involvement presentations. Students will complete a Personality Box project.