

CENTRAL HIGH SCHOOL

Health

Mrs. Eva McGill

**COURSE SYLLABUS**

**Course Description:**

Grade 9, 10

1 Semester

The course focuses on positive health practices emphasizing wellness for optimal health. Topics required by the Comprehensive Health Education Act will be covered. Other topics will focus on areas of concern for this age group. A lab fee will be collected for the American Red Cross unit.

**Course Objectives:**

Upon the successful completion of this course, students will be able to understand the functioning of their body and the importance of making wise decisions to protect their health and well-being. The foundation of a healthy teenager is the knowledge that their health is in their hands and is based upon their day-to-day decisions. Students will be able to base present and future decisions, on topics such as drugs, alcohol, sexual relationships, diet, and exercise, upon knowledge of current facts rather than upon hearsay from friends and media. Students will have the opportunity to be certified in Infant, Child, and Adult CPR and First Aid by the American Red Cross in order to assist those in need. Students will always have the opportunity to ask questions and open discussion on relevant topics.

**Required Class Materials:**

- pen/pencil
- notebook paper
- folder for returned work
- textbook

**Text:**

- Lifetime Health by Holt

**Course Outline:**

I. Systems of the Body (Nervous, Vision and Hearing, Skeletal, Muscular, Circulatory, Respiratory Digestive, Excretory)

- A. Know the parts and organs that make up each system.
- B. Know the function(s) of each system.
- C. Know how the systems work together to get required processes accomplished.
- D. Know how to keep each system healthy.
- E. Know various diseases and disorders that are associated with each system.

II. Nutrition and Fitness

- A. Know the six classes of nutrients and their functions in the body.
- B. Know the differences and similarities of the Food Guide Pyramid and MyPyramid.
- C. Know the risks associated with too much fat, calories, salt, and/or cholesterol in the diet.
- D. Know the FITT process.

- E. Know the importance of fitness.
- F. Know how to calculate maximum heart rate and target heart rate range.
- G. Know the types of sleep and why sleep is an important part of health.
- H. Know ways to healthfully manage weight.
- I. Know the different types and symptoms of eating disorders and how to help.
- J. Know how the media influences body image.

### III. Alcohol, Tobacco, and Other Drugs

- A. Know the classifications of drugs (i.e. stimulants, depressants, hallucinogens, etc)
- B. Know the short term and long term risks of using alcohol.
- C. Know the short-term and long-term risks of using tobacco.
- D. Know the short-term and long-term risks of using illegal substances.
- E. Know various diseases and disorders that are associated with various drugs.
- F. Learn to work together in a group project.
- G. Learn the benefits of abstaining from risky behaviors including drugs.

### IV. Reproductive Health

- A. Know the parts and organs that make up the male and female reproductive and endocrine systems.
- B. Know the hormones and functions of the menstrual cycle.
- C. Know the forms of contraception and their risks for pregnancy and disease.
- D. Know the value of abstinence and reasons why it is the best and safest choice for teens.
- E. Know what happens during the three trimesters of pregnancy.
- F. Know the three stages of birth.
- G. Understand the importance of setting goals and choosing abstinence to avoid a teen pregnancy.
- H. Understand what makes a disease infectious or noninfectious.
- I. Know the various forms of sexually transmitted diseases, their cause, symptoms, and if there is treatment.

### V. American Red Cross CPR and First Aid

- A. Know what to do for Check, Call, Care.
- B. Know how to help a conscious victim
- C. Know how to check an unconscious victim.
- D. Know how to perform back blows and abdominal thrusts on a conscious adult.
- E. Know how to perform rescue breathing and chest compressions on an adult.

### **Major Assignments:**

- Unit 1 Test on Systems of the Body – in mid-September
- Unit 2 Test on Nutrition and Fitness – in late September
- Class Action project – due in October
- Unit 3 Test on Alcohol, Tobacco, and Other Drugs – in late October
- Baby Think It Over - will be for one 24 hour period of time in November
- Unit 4 Test on Reproductive Health – in late November
- American Red Cross certification – during class time in December
- Career Project – due in January
- Health Final Exam

### **Grading:**

The grading scale for this class is the same as stated in the CHS handbook. Grading will be point based. Categories of work will include tests, quizzes, homework, and projects. Each are worth points based on the number of questions, quality of work, and amount of work required.

### **Class Policies & Procedures:**

I expect all students to:

1. Bring needed materials to every class.
2. Be in the classroom and seated when the bell rings.
3. Be courteous to others.
4. Keep a classmate's confidentiality when they share personal thoughts and stories.
5. Bring a smile, good attitude, and good behavior.

If a student is absent, they should see me upon their return to school to inquire about missed homework assignments and to make arrangements to make-up quizzes or tests. Students who miss class during the American Red Cross unit will find it difficult to make-up and may not complete the skills required to be certified in all areas. Students will have permission slips for various activities and videos in Health class that must be returned signed by a parent/guardian. If a student does not have a signed permission slip on the day of the activity/video, the student will be removed from class and given an alternate assignment.

### **Instructor Contact:**

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Prep: "A" days:

"B" days: