Department: Science

Course Title: Health

Course Number: 8075

Grade Level: 9

Length of Course: Semester

Prerequisite: None

UC/CSU (A-G) Requirement: None

I. Goals:

The student will:

A. Demonstrate ways in which they can enhance and maintain their health and well-being (Expectation 1)

B. Understand and demonstrate behaviors that prevent disease and speed recovery from illness (Expectation 2)

C. Understand behaviors that reduce the risk of becoming involved in potentially dangerous situations in ways that help protect their health (Expectation 3)

D. Understand and demonstrate how to play a positive, active role in promoting the health of their families (Expectation 4)

E. Understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers (Expectation 5)

F. Understand the variety of physical, mental, emotional, and social changes that occur throughout life (Expectation 6)

G. Understand and accept individual differences in growth and development (Expectation 7)

H. Understand their developing sexuality, choose to abstain from sexual activity, and treat the sexuality of others with respect (Expectation 8)
I. Understand and apply information, products, and services that may be helpful or harmful to their health (Expectation 9)

II. Outline of Contents of Major Areas of Study

   Semester I
   
   A. A healthy foundation
   B. Physical Activity and Nutrition
   C. Mental and Emotional Health
   D. Promoting Safe and Healthy Relationships
   E. Personal Care and Body Systems
   F. Growth and development
   G. Tobacco, Alcohol, and Other Drugs
   H. Diseases and Disorders
   I. Injury Prevention and Environmental Health

III. Accountability Determinants

   A. Work samples
   B. Portfolios
   C. Projects
   D. Presentations
   E. Tests

IV. Required Text


V. Supplementary Materials