

Murrieta Valley Unified School District
High School Course Outline
April 2004

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

Friedman, David P. et al. *Lifetime Health*. Austin, Texas: Holt, Rinehart, and Winston, 2004.

V. Supplementary Materials