

# PETERS TOWNSHIP MIDDLE SCHOOL

## COURSE SYLLABUS: HEALTH 7

Course Information	Teacher Information
<u>Course Length:</u> 60 days/Trimester	<u>Name:</u> Will Amend, Joe Scaglione, Jackie Conkle, Kristin Slemmer

### **Course Overview and Essential Skills**

This course will provide students an opportunity to develop an understanding of health concepts, behaviors, and skills that reduce health risks and enhance the health and well-being of self and others. Specific topics will include human body systems, wellness and nutrition, personal fitness, the prevention and control of communicable and non-communicable diseases, communication skills, medication and substance abuse, suicide prevention, and sexuality education that focuses on abstinence education.

### **Course Textbook, Supplemental Resources and Required Materials**

- Title: Teen Health(Course 1, 1996) & ISBN#: 0-02-651774-4
- Supplemental Materials; Title: Teen Health, Nutrition and Physical Activity, Preventing Disease, Tobacco, Alcohol, and other Drugs, Your Body Systems
- Power points and study guides for each unit
- Glencoe Health online modules
- Video clips for disease prevention; <http://www.youtube.com/watch?v=Non4MkYOpYA>
- <http://www.youtube.com/watch?v=WJEc2GDEfz8>
- More Than Sad Video, Suicide Prevention Unit
- Body system videos for the corresponding body system units
- Binders, notebooks, writing utensils, materials for each unit of study

### **Course Outline of Material Covered:**

Unit or Topic	Course Activities/Resources	Timeframe
Wellness	In this unit, students will define and examine factors which influence health and wellness, as well as, emphasize how behavior and choice affect a person's level of wellness. Resources; Teen Health, Nutrition and Physical Activity, Wellness Power Point.	One Week
Nutrition	In this unit, students review dietary guidelines for making healthy food choices - focusing on the food groups and nutrients. They will analyze their own diet, learn how to make healthy dietary improvements, and practice	One Week

	<p>reading a food label to synthesize a food's nutritional value and reflect upon how it fits into their overall diet.</p> <p>Resources; Teen Health, Nutrition and Physical Activity, Nutrition Power Point.</p>	
Skeletal System	<p>This unit will explore the structure and function of the skeletal system. A key aspect of this unit is learning the location of the major bones and ways to keep the skeletal system healthy.</p> <p>Resources; Teen Health, Your Body Systems, Skeletal System Power Point.</p>	One Week
Muscular System	<p>This unit will explore the structure and function of the muscular system. Key aspects of this unit include learning the locations and actions of the major muscles and ways to keep the muscular system healthy.</p> <p>Resources; Teen Health, Your Body Systems, Muscular System Power Point, Glencoe Health online modules</p>	One Week
Nervous System	<p>In this unit, students will explore the structures of the nervous system and the functions of each part. A focus on the five main senses will give students tangible learning experiences to understand the importance of the nervous system to human functioning.</p> <p>Resources; Teen Health, Your Body Systems, Nervous System Power Point, Glencoe Health online modules</p>	One Week
Circulatory System	<p>This unit will explore the structure and function of the circulatory system. Keys aspects of this unit include: the parts of the heart, the pathway of blood, and how to keep the circulatory system healthy.</p> <p>Resources; Teen Health, Your Body Systems, Circulatory System Power Point, Glencoe Health online modules</p>	One Week

Respiratory System	In this unit, students will explore the structure and function of the human respiratory system. Key elements will also include: breathing process and keeping the respiratory system healthy. Resources; Teen Health, Your Body Systems, Respiratory System Power Point.	One Week
Communicable Disease	This unit will cover the causes, treatment, and prevention of various kinds of communicable diseases. Additionally, students will examine sexually transmitted infections, including HIV/AIDS. Abstinence and making responsible decisions are central topics of this unit. Resources; Teen Health, Preventing Disease, Communicable Disease Power Point.	One Week
Drugs and Alcohol	In this unit, students will learn about different categories of drugs and their negative impacts on health. Resistance strategies will be a key component. Resources; Teen Health, Tobacco, Alcohol, and other Drugs, Tobacco and Alcohol Power Point.	One Week
Suicide Awareness, Prevention, and Response	In this unit, students will explore early indication of suicidal risk factors and warning signs. Resources; More Than Sad Video, suicide facts and figures handouts.	One Week

***\*Depending on the needs of the class or changes in the school year, the course outline is subject to change.***