
PETERS TOWNSHIP HIGH SCHOOL

COURSE SYLLABUS: PERSONAL WELLNESS

Course Overview and Essential Skills

Health Education in Peters Township is committed to developing in students a healthy lifestyle. It is based on the premise that all students must obtain a balance in all areas of health: Physical, Mental, Emotional, and Social. Students must acquire the knowledge and skills necessary to make wise and responsible decisions about positive health practices. It is our purpose to foster a desire in students to be healthy and to teach them a process to attain and maintain optimal well-being throughout their lives.

Course Textbook and Required Materials

- Bronson, Mary, Ph.D.. *Glencoe Health*. Columbus: McGraw Hill, 2011. 887. Print.
- Glencoe Health Teacher Classroom Resources

Course Outline of Material Covered:

Unit or Topic	Concepts/Skills/Resources	Timeframe
A Healthy Foundation	Total Health, Goals & Decisions	1-2 weeks
Mental & Emotional Health	Mental & Emotional Health, Stress, Suicide	1-2 weeks
Nutrition & Physical Activity	Activity & Fitness, Nutrition, Managing Weight & Eating Disorders Film Study: "SuperSize Me", "Fed Up"	2-3 weeks
Drugs	Alcohol, Tobacco, Illegal Drugs/ Documentary: "Chasing the Dragon"	2-3 weeks
Diseases & Disorders	Communicable/Non-Communicable Diseases, STI/AID *There is a 3 day lesson taught on Sexually Transmitted Diseases & HIV/AIDS. There will be an opt-out letter sent to parents at the start of each semester if they choose to exempt their child from these lessons.	1-2 weeks
Safety & Environmental Health	Personal Safety, Injury Prevention, First Aid, CPR	2-3 weeks
Growth & Development	Life Cycle Documentary: "From Conception to Birth"	1 week
Relationships	Family, Peer, Dating, Conflicts & Violence Optional Film Study: "Mean Girls"	1-2 weeks

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