

Health 8 Course Outline (One-Quarter Credit)

Health 8 is a course intended to support positive choices that influence personal health. Students will be learning communication skills and practicing them throughout the quarter. These communication skills and appropriate behaviors should continue to support making life choices. These skills are also applied as we study our own development. The following National Health Education Standards are the basis for our health education:

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Topics Covered:

- A. Understanding Family and Social Health (Chapters 6-9)
- B. Personal Health and Physical Activity (Chapters 21-25)
- C. Learning about Environmental Health (Chapters 41-45)
- D. Injury Prevention and Safety (Chapters 46-50)

We will use a Health Textbook “Totally Awesome Health” as the main element for our learning and understanding. In addition there may be handouts, worksheets, notes, group projects, and/or individual projects, (i.e. power points, posters, etc.).

Requirements of the Course:

1. When notes are given, they must be taken.
2. All assignments must be completed.
3. Participation is very important!
4. Save handouts, worksheets, projects, etc. They are helpful when studying for tests.
5. Individual and group projects.
6. Tests and quizzes.

Grading:

Students will accumulate points for their daily work, worksheets, projects, quizzes and tests. They are totaled and graded on Barnesville High School’s Grading Scale.