

## Health 7 – Middle School

**COURSE DESCRIPTION:** This course is designed to teach lifetime health and wellness knowledge in order to prevent various psychological and physical disorders. Students will learn health information and practices, as well as experience implementing their newfound skills and knowledge. They will acquire the skills necessary to handle peer pressure, recognize unhealthy and risky behaviors and how to prevent and avoid them, and develop strategies for improving personal and community health. Students will gain an understanding of the relationships that influence one's health, as well as refusal and coping skills that play a major parting personal health, as well. Quizzes, discussion sessions among peers, projects, and interactions will be assessed weekly to gauge content understanding. After completion of this course, the student will understand and have experience practicing lifelong skills for lifelong health and wellness.

### **COURSE OBJECTIVES:**

- Understand how different dimensions of health relate to overall and lifelong health.
- Comprehend puberty and adolescent changes in the male and female
- Recognize and develop prevention and intervention strategies for various psychological health disorders.
- Develop strategies and coping mechanisms for peer pressure
- Understand the dangers and legal implications of drugs, alcohol, premature sexual activity and violence.
- Comprehend modes of transmission for STDs and HIV, their symptoms and risk factors, and understand that abstinence is the only 100% effective way In preventing STDs and HIV
- Create a nutrition and exercise plan that will contribute to healthy lifelong wellness.
- Demonstrate knowledge of the influence of a positive or negative social network on personal health.
- Demonstrate knowledge of the effect of the environment on personal and community health and how to protect it.
- Discuss the media's influence on teens and how to research reliable resources regarding health.
- Demonstrate coping, refusal and communication skills.
- Apply learned knowledge to set goals for lifelong health and wellness.

**PREREQUISITES:** None

**COURSE LENGTH:** One Semester

**REQUIRED TEXT:** No required textbook for this course.

**MATERIALS LIST:** No required materials for this course.

**COURSE OUTLINE:**

**Unit 1: Human Growth and Development**

**Unit 2: Dimensions of Health**

**Unit 3: Prevention and Treatment of Health Disorders**

**Unit 4: Care and Prevention of Injuries**

**Unit 5: Adolescent Development**

**Unit 6: Alcohol and Drug Abuse**

**Unit 7: Violence**

**Unit 8: HIV and AIDS**

**Unit 9: Nutrition and Exercise**

**Unit 10: Social Factors**

**Unit 11: Environmental Factors**

**Unit 12: Media Issues**

**Unit 13: Resources for Health Information**

**Unit 14: Communication Skills**

**Unit 15: Coping Mechanisms**

**Unit 16: Refusal Skills and Techniques**

**Unit 17: Problem Solving and Research Methods**

**Unit 18: Environmental and Personal Health**