

## Health 8 – Middle School

**COURSE DESCRIPTION:** Welcome to the 8th grade Health course. This course is designed to provide the student with the knowledge and skills that will enable him or her to achieve and maintain a healthful lifestyle. The student will learn health information and practices necessary to understand and manage many aspects of their physical, social, intellectual, spiritual and emotional health throughout adolescence into adulthood.

### **COURSE OBJECTIVES:**

- Understand how healthy food choices can lead to a more active and enjoyable lifestyle
- Demonstrate knowledge of puberty changes in males and females
- Understand the processes involved in pregnancy and childbirth
- Develop recognition of and strategies for disease prevention
- Recognize the signs and symptoms of dependency and how to access help
- Become aware of the different types of anxiety disorders and their impact on health
- Understand how relationships impact adolescents throughout their lifespan
- Demonstrate responsible behavior, decision making and refusal skills
- Recognize the importance of self-esteem and mechanisms to enhance it
- Identify stressors and how to effectively manage them
- Identify sexually transmitted diseases and how to prevent them
- Develop life skills in time management and goal setting

**PREREQUISITES:** Recommended: 7th Grade Health

**COURSE LENGTH:** One Semester

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

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

### **COURSE OUTLINE:**

**Unit 1: Nutrition and Healthy Eating**

**Unit 2: Adolescent Development, Pregnancy and Childbirth**

**Unit 3: Prevention of Diseases and Injuries**

**Unit 4: STDs and HIV Infection**

**Unit 5: Substance Abuse**

**Unit 6: Anxiety Disorders**

**Unit 7: Relationships and Responsibilities**

**Unit 8: Stress Management and Self Esteem**

**Unit 9: Decision Making and Consumer Health**