

Health 6 – Middle School

COURSE DESCRIPTION: This course is designed to equip students with the knowledge and skills necessary to make healthy choices throughout one's lifetime. Students will gain valuable health information and learn healthy, proactive practices. Students will have an opportunity to demonstrate their skills in healthy decision-making, problem solving, goal setting, and effective communication and refusal negotiation. Students will acquire the skills necessary to recognize unhealthy and risky behaviors, manage peer pressure, and develop strategies for improving personal and community health. Students will gain an understanding of the many different influences on one's health and the interrelationships that occur between mental, physical, social, spiritual and environmental health.

The course will consist of vocabulary quizzes, discussion sessions amongst peers, multimedia interactive tutorials, lab activities and teacher interactions. Students will be assessed weekly to determine content understanding. After completion of this course, students will understand and be able to begin implementing positive, lifelong, health skills for optimum health and wellness.

COURSE OBJECTIVES:

- Understand the relationship between mental, physical, social, spiritual and environmental health.
- Enhance and maintain personal, family and community health throughout the life span.
- Practice strategies and skills necessary to enhance personal health and safety.
- Recognize physiological and psychological responses to stress.
- Monitor, evaluate and adjust stress management skills.
- Investigate and identify positive and negative influences on health attitude, behavior and practice.
- Demonstrate how to access valid health information, products and services to enhance health.

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: Health Information
Unit 2: Healthful Living

Unit 3: Healthy Behaviors

Unit 4: Safety and Injury

Unit 5: Stress Management

Unit 6: Alcohol, Tobacco and Other Drugs

Unit 7: Self Management

Unit 8: Relationship Management

Unit 9: Influencing Factor and Valid Health Information