

Department: Physical Education

Course Name: Health 8

Course Description:

Our students will demonstrate a comprehensive understanding of the life skills needed to become health-literate adults and to lead healthy lives. The students will gain knowledge of healthy habits, healthful decision-making, and strong problem-solving skills through critical thinking and positive effective communication.

Content:

Mental/Emotional, Social, Physical, and Family Health

Nutrition

Growth and Development

Muscular and Skeletal Systems

Circulatory and Respiratory Systems

Reproductive System

Chronic Diseases

Emergency Procedures

Skills:

Analyze what influences one's health

Access valid health information, products, and services

Practice responsible decision making

Set short and long-term goals

Identify nutrients and analyze menus

Practice effective communication

Demonstrate structure, function, and care of skeletal, muscular systems, respiratory, and circulatory systems

Identify the stages in the life cycle

Demonstrate an understanding of the male and female reproductive systems

Identify the best and only way to remain healthy and safe (abstinence)

Practice conflict resolution

Explain what to do in emergency situations

Text and Materials:

Pen/Pencils

Paper

Ipad

Methods of Instruction:

Class discussion

Video

Teacher directed

Methods of Evaluation:

Teacher observation

In-class assignments

Projects

Oral assessments (question/answer)

