

## **HEALTH AND WELLNESS**

### **51001 Health**

#### **Grade 8**

#### **(Required - 1 Semester)**

This course provides students with the knowledge and skills of health and wellness core concepts, analyzing influences, accessing information, interpersonal communication, decision-making and goal setting skills, health-enhancing behaviors, and health and wellness advocacy skills.

Instructional content will include personal, mental, emotional and social health.

Topics will include:

- First aid injury prevention and safety
- Nutrition
- Alcohol and tobacco use
- Drugs
- Growth and development





