**Department: Health  Course Title: 7th Grade Health**

**DESCRIPTION OF COURSE:**

Seventh grade health explores a variety of health topics that provide students with a foundation of many of today’s health concerns. The students will learn basic decision making strategies about problems and changes they encounter in the social, physical, and mental/emotional domains of health. Students will use group discussion, various multi-media sources, and reading/writing activities to enhance learning. Students will understand that choices they make will affect their overall growth in all domains of their development.

This course explores a variety of health topics such as:

- Physical Activity and Fitness
- Food and Nutrition
- Communicable/Non-communicable Diseases
- Drugs and Alcohol
- Tobacco

Students will demonstrate their progress in Health through problem-solving activities, tests and quizzes, decision-making activities, class projects, and reading/writing activities.

<table>
<thead>
<tr>
<th>REQUIRED TOPICS OF STUDY</th>
<th>SUGGESTED INSTRUCTIONAL TIME</th>
<th>STANDARDS/ ASSESSMENT ANCHORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity and Fitness</td>
<td>6 meetings</td>
<td>10.4.9 A, B, C, D, &amp; F</td>
</tr>
<tr>
<td>Food and Nutrition</td>
<td>6 meetings</td>
<td>10.1.9 A</td>
</tr>
<tr>
<td>Communicable/Non-communicable Disease’s</td>
<td>8 meetings</td>
<td>10.1.9 B &amp; E</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10.2.9 D &amp; E</td>
</tr>
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<td></td>
<td></td>
<td>10.4.9 B</td>
</tr>
</tbody>
</table>
- Drugs and Alcohol  
  4 meetings  
  10.1.9 A, D, & E  
  10.2.9 C & D  
  10.4.9 C & F  

- Tobacco  
  4 meetings  
  10.1.9 A, D, & E  
  10.2.9 A, B, C, D, & E  
  10.4.9 C, E, & F  

RESOURCES:  
  - Teen Health Course 2 Textbook (Glencoe) and all accompanying supplemental materials.  
  - Internet  
  - Multi-media sources  
  - Instructional Resources (ex. Books, Magazines, & Periodicals)  
  - Guest Speakers