

# Syllabus

**Course Title:** Health

**Grade:** 8

**DESCRIPTION OF COURSE:** Eighth 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 decisions making strategies about problems and changes they encounter in the social, physical and mental/emotional domain of health. Students will use group discussions, various multimedia 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 basic first aid and life-threatening emergencies, reproductive system, suicide prevention and life skills training. Students will demonstrate their progress in health through problem solving activities, test, quizzes, decision-making activities and writing activities.

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ELIGIBLE CONTENT
First Aid and Life-Threatening Emergencies	9 Class Meetings	10.3.9 B
Reproductive System	5 Class Meetings	10.1.9 A,B
The Beginning of Life & Birth	5 Class Meetings	10.1.9 A,B
Making Decisions	1 Class Meeting	10.1.9 A,D,E; 10.2.9 B,D; 10.3.9 C
Coping with Anxiety	1 Class Meeting	10.1.9 A, E; 10.2.9 D; 10.3.9 C
Social Skills	1 Class Meeting	10.1.9 A,D; 10.2.9 D
Assertiveness	1 Class Meeting	10.1.9 A, D; 10.2.9 D
Resisting Peer Pressure	1 Class Meeting	10.1.9 A,D,E; 10.2.9 D; 10.3.9 C
Suicide Prevention	4 Class Meetings	1.8.2; 8.8.2 (National Health Education Standards

**RESOURCES:** Teen Health (Glencoe) 2014; American Red Cross Instructional Aids; Look, Listen, Link: A Suicide Prevention Curriculum for Middle School (2011); Botvin Life Skills Training manual Course 3 (2014) and workbooks.

Revised: 2018

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