

Department: Health & Physical Education

Course Title: Health I

Course #: 020

DESCRIPTION OF COURSE: In ninth grade health, students will understand the basic concepts of male and female sexuality, stress-related problems and suicide prevention. Moreover, students will learn about nutrition, drug, alcohol, and tobacco addiction. Students will show knowledge and understanding of these topics by researching and developing a written paper and making an oral presentation on their respective topic. An audio-visual aid will be required for these assignments. (Grade 9) (credit 0.5)

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ASSESSMENT ANCHORS
<i>Managing Stress</i>	<i>1.5 weeks</i>	<i>10.1 A,B,D,E; 10.2 C,D; 10.3 B</i>
<i>Teen Suicide</i>	<i>1 week</i>	<i>10.1 A,D,E; 10.2 C,D</i>
<i>Male & Female Reproductive Systems</i>	<i>3 weeks</i>	<i>10.1 B,E</i>
<i>Wellness/Nutrition/Dieting</i>	<i>2.5 weeks</i>	<i>10.1 A,C,E; 10.2 A,B,C</i>
<i>Smoking/Tobacco</i>	<i>1.5 weeks</i>	<i>10.1 A,EL 10.2 A,B,C,E</i>
<i>Physical Fitness/Conditioning</i>	<i>2 weeks</i>	<i>10.1 A,E; 10.2 C,D,E; 10.3 B</i>
<i>Drugs</i>	<i>2.5 weeks</i>	<i>10.1 D, 10.2 C</i>
<i>Oral/Written Presentations</i>	<i>2 weeks</i>	<i>10.1 A,B,C,D,E; 10.2 A,B,C,D,E</i>

INSTRUCTIONAL RESOURCES: Textbook: “Health-Skills For Wellness”, R.I.C., Video Tapes, Teachers Guide, Worksheets, Taped Programs: United Streaming, Magazines and Newspapers