



# HAMILTON TOWNSHIP SCHOOL DISTRICT

## Office of Curriculum & Instruction

Scott R. Rocco, Ed.D.  
Superintendent of Schools

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Director of Curriculum & Instruction

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### 2023-2024 Health Syllabus 9th Grade Topics Aligned to the 2020 Standards

The High School Curriculum is designed to teach students the information and skills they need to become health literate, to maintain and improve health, prevent disease, and reduce health-related risk behaviors. Through this curriculum, students will develop critical thinking, problem solving, and communication skills. In addition, the students will demonstrate good character and behaviors that promote a safe, fit, and healthy family, community, nation, and world.

<b>Basic Wellness</b>	<ul style="list-style-type: none"> <li>● Understanding Your Health &amp; Wellness ● Dimensions of Wellness ● Sleep ● Personal Hygiene ● Basic Healthcare ● Infectious diseases, ● Manage your stress</li> </ul>
<b>Body System Units</b>	<ul style="list-style-type: none"> <li>● <b>The Human Body &amp; It's Systems-</b> Body systems working together and supporting one another <ul style="list-style-type: none"> <li>○ Nervous- Parts &amp; functions(review), sleep, managing stress in your life)</li> <li>○ Cardiovascular- (Review of parts, pathway of blood flow, diseases and disease prevention)</li> <li>○ Respiratory- ( Review of parts &amp; functions, diseases and disease prevention)</li> <li>○ Muscular (large muscle groups, flexion/extension and rotation movements, injury care &amp; prevention, disease and disease prevention)</li> <li>○ Digestive/Urinary( Review parts &amp; functions, hydration, diseases and disease prevention)</li> <li>○ Endocrine (Review parts &amp; functions)</li> <li>○ Immune ( Review parts and how does it function, care and prevention of disease of the immune system)</li> <li>○ Reproductive (Review parts and functions)</li> </ul> </li> </ul>
<b>Sexuality &amp; Responsibility</b>	<ul style="list-style-type: none"> <li>● STIs ● Transmission ● Signs &amp; Symptoms ● Care/Curable ● HIV/AIDs ● Contraceptive ● Pregnancy Prevention</li> </ul>
<b>Mental Health and Wellness</b>	<ul style="list-style-type: none"> <li>● Achieving Mental and Emotional Health ● Managing the Stress in Your Life</li> </ul>
<b>Drug Awareness &amp; Prevention</b>	<ul style="list-style-type: none"> <li>● SAC Communities Available for Students and Families</li> <li>● Heroin/Fentanyl ● The Good Samaritan Law ● Marijuana</li> </ul>

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***Please return the bottom portion of this form to your child(ren)'s school***

I have reviewed my child(ren)'s agenda and am aware of topics covered in their Health Education. I am also aware that if I wish to opt out my child(ren) from any portions of the family life/sexual health portion of the curriculum, I am to complete the opt out form via PowerSchool.

Student Name: \_\_\_\_\_ Health Teacher: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_