

General Course Information

Course Name: 7th Grade Health	
Department: PE and Health	Grade Level(s) 7
Duration/Credits: 1 sem	Prerequisites: none
BOE Approval Date: December 2022	Course Code:
Course Description:	
<p>7th Grade Health students will practice effective decision making, analyze cause and effect, and develop core health content knowledge. Students will focus on social and emotional health, as well as developing a deeper understanding of nutrition, the risks of nicotine products, and peer pressure. Students will discuss suicide prevention, the effects of personal decisions on their body systems, addiction, and media literacy. They will participate in guided research on various health related topics.</p>	
Course Rationale:	
<p>In 7th Grade Health, students will apply core health knowledge and skills to develop a healthy lifestyle. Students will analyze the impact of personal choices on their bodies and minds.</p>	
Course Objectives:	
<p>The student will apply effective decision making skills in the areas of nicotine products, peer pressure, and social health.</p> <p>The student will analyze how their decisions can impact peers and the community.</p> <p>The student will analyze cause and effect relationships in health decisions, including nutrition, addiction, media literacy, and suicide prevention.</p> <p>The student will develop and apply skills to prevent the negative effects of high risk behaviors.</p> <p>The student will identify the components of the cardiovascular, respiratory, and nervous systems and will analyze how personal choices can impact those systems.</p> <p>The students will develop personal health planning strategies in the areas of nutrition and nicotine products.</p>	

The student will analyze the validity of resources and conduct guided research into personal and community health issues.

The student will acquire the knowledge and tools to recognize sexual abuse, report an incident of sexual abuse, and engage in actions to obtain assistance and intervention.

Standards Alignment:

List standard set(s) to which course has been aligned

[Shape America Health Standards](#)

<https://dese.mo.gov/sites/default/files/gle-health-education.pdf>