Course Title: MIDDLE SCHOOL HEALTH

Course No. N/A **Grade level**: 7-8

Text and Resources:
Teacher-generated activities and resources

Course Content: Key Content Standards and Course Objectives

1. Students will demonstrate ways in which they can enhance and maintain their health and well-being.
- Practice good personal hygiene on a regular a basis.
- Healthy food choices and eating practices
- Activities that promote fitness
- Recognize and accept differences in body types and maturation levels.
- Identify entertainment that promotes mental/physical health.

2. Students will understand and demonstrate behaviors that prevent disease and speed recovery from illness.
- Practice positive health behaviors
- Take medicines properly
- Recognize symptoms of common illnesses.
- Understand statistics related to AIDS and other sexually transmitted diseases.

3. Students will practice behaviors that reduce the risks of becoming involved in potentially dangerous situations.
- Safe behavior in and around motorized vehicles/water.
- Conflict resolution skills
- Behaviors that prevent poisonings.
- Safe behavior in recreational activities
- Distinguish between helpful and harmful substances.
- Recognize that alcohol/drugs play a role in many dangerous situations

4. Students understand and demonstrate how to play a positive, active role in promoting the health of his/her family, school and community.
- Effective communication skills
- Acceptable actions toward others
- Follow school rules related to health
- Understand basic first aid procedures

5. Students understand their developing sexuality, choose to abstain from sexual activity, and treat the sexuality of others with respect.
- Avoid, recognize, and respond to social influences to become sexually active.
- Analyze messages about sexuality from society.
- Positive ways to show affection

6. Students identify information, products, and services that may be helpful/harmful to their health.
- Identify appropriate sources of health services.
- Identify and analyze a variety of things that influence consumers.
- Identify and combat fraudulent/misleading products and info.

7. Students understand and accept individual differences in growth/development.
- Develop a realistic body image
- Recognize the affects of performance-altering substances

Course Description

Course Duration: *One Year

Credit Value: N/A

This course will focus on the prevention of unhealthy behaviors and the promotion of attitudes and behaviors that can lead to lifelong health practices. It will address the four unifying ideas from the California State Frameworks on Health Education:

- Acceptance of personal responsibility for lifelong health.
- Respect for and promotion of the health of others.
- An understanding of the process of growth and development.
- Informed use of health-related information, products and services.

*Open entry/open exit

Methods of Study

1. Students will complete all activities assigned.
2. Students will participate in discussion with other class members and/or teacher.

Evaluation of Performance Standards

1. Students will complete all assignments with a minimum of 70% accuracy.
2. The supervising teacher will be satisfied with the quality of the student's work.
3. The student must receive a minimum score of 70% on a teacher assigned final evaluation.