

8th Grade Health

Course Objectives:

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, and community health.

Content Outcomes:

Chapter 1: Understanding Your Health

Lesson 1: What is Health and Wellness?

Lesson 2: Changes During the Teen years.

Lesson 3: Taking Responsibility for Your Health

Chapter 2: Skills for a healthy life

Lesson 1: Making Decision and Setting Goals

Lesson 2: Building your Character

Lesson 3: Developing other Health Skills

Chapter 12: Alcohol

Lesson 1: Why Alcohol is Harmful

Lesson 2: Short-term Effects of Alcohol Use

Lesson 3: Long-Term Effects of Alcohol

Lesson 4: Alcoholism and Alcohol Abuse

Chapter 14: Drugs

Lesson 1: Drug Misuse and Abuse

Lesson 2: Marijuana and Other Illegal Drugs

Lesson 3: Narcotics, Stimulants, and Depressants

Lesson 4: Hallucinogens and Inhalants

GRADING:

1. DAILY JOURNALS – 5 points each (total of 75 points)
2. STUDY GUIDES – 12 points each (Total of 48 points)
3. ASSIGNMENTS – 5-10 points each (30-40 points)
4. TESTS– 50 points each (200 points)