Denair Charter Academy
Course Outline

Course Title: Health
Grade Level: 9-12
Elective/Required: Required
Length/Credits: One semester-5 credits
Prerequisites: None

I. Course Description

Health is a required course which addresses federal and state mandates and frameworks. Student will learn about personal health, communicable and non-communicable disease, nutrition, emotional and mental health, substance use and abuse, individual growth and development, reproductive health, consumer and community health, environmental health and personal and social safety.

II. Instructional Materials

Required Text:

Health, Globe Fearon

Supplementary Text: None

III. Course Outline:

A. Personal Health
- i. Concept of wellness
- ii. Accepting Responsibility
- iii. Decision Making
- iv. Goal Setting
- v. Refusal Skills

B. Communicable and Non-communicable Diseases
- i. Influences of Health
- ii. Immune System
- iii. Heredity & Behaviors

C. Nutrition
- i. Benefits of Good Nutrition
- ii. Dietary Guidelines/Food Pyramid
- iii. Food Choices
- iv. Lifestyle Impact of Fitness

D. Emotional and Mental Health
- i. Promotion of Mental Wellness
- ii. Self Esteem/Self Concept
- iii. Eating Disorders
- iv. Stress/Stress Management
- v. Depression
- vi. Suicide
- vii. Death/Loss

E. Substance Use and Abuse
- i. Role of Drugs
- ii. Types and Effects
- iii. Prevention/Refusal Skills
- iv. Intervention

F. Individual Growth and Development
- i. Human Development
- ii. Personal Differences
- iii. Relationships
- iv. Communication/Anger Management/Conflict Resolution

G. Reproductive Health
- i. Puberty
- ii. Anatomy
- iii. Reproduction/Birth
- iv. Contraception
- v. Sexually Transmitted Disease
- vi. Abstinence

H. Consumer and Community Health
- i. Health Promotion
- ii. Consumer Health
- iii. Resources
- iv. Health Careers

I. Environmental Health
- i. Health Related Impact
- ii. Protection and Improvement of the Environment

J. Personal and Social Safety
- i. First Aid
- ii. Safe Living Habits
- iii. Violence Prevention

IV. Expectations for Student Learning

California Health Standards:

1.0 Know the availability and effective use of health services, products, and information
2.0 Know environmental and external factors that affect individual and community health
3.0 Understand the relationship of family health to individual health
4.0 Know how to maintain mental and emotional health
5.0 Know essential concepts and practices concerning injury prevention and safety
6.0 Understand essential concepts about nutrition and diet
7.0 Know how to maintain and promote personal health
8.0 Know essential concepts about the prevention and control of disease
9.0 Understand aspects of substance use and abuse
10.0 Understand the fundamental concepts of growth and development

V. Instructional Methods

A. Guest Speakers
B. Demonstrations
C. Teacher Lecture
D. Worksheets
E. Reading
F. Student Presentations

VI. Assessment and Evaluations

A. Daily Assignments/Activities
B. Tests
C. Reports & Projects
D. Practical Applications
E. Homework

VII. Grading Policy

90% -100%	A
80% - 89%	B
70% - 79%	C
60% - 69%	D
0- 59%	F