

HEALTH 7
COURSE OUTLINE

**SEWANHAKA CENTRAL HIGH SCHOOL
DISTRICT**

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HEALTH 7

COURSE OUTLINE

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7th GRADE COURSE OUTLINE

TABLE OF CONTENTS

<u>Topic</u>	<u>Page</u>
Course Description	1
Time Allocations	2
I. Mental Health	3
II. Family Life	4
III. Nutrition	4
IV. Substance Abuse - Tobacco, Alcohol & Drugs	5
V. Environmental & Community Health	6
VI. Diseases and Disorders	6
VII. AIDS Prevention	7
VIII. Human Growth & Development – LI Teen Freedom	7
IX. Safety & First Aid.	8
X. Final Examination Review.	8
XI. Final Examination	8
Teaching Aids	8
Evaluation	8

ABSTRACT

Course Title: Health 7
Prerequisite: None

1 Semester
½ Credit

Health 7 is a one-semester course required for all junior high students. The goal of the course is to provide the students with up-to-date information, which will enable them to live healthy lives, to enhance their self-esteem, and to utilize responsible decision-making skills.

This curriculum course outline provides the instructor with an outline of the course content and the appropriate amount of instructional time to be devoted to each unit depending on the number of days allotted to the fall and spring semesters.

Descriptors:

1. Health 7
2. Secondary Education
3. Health & Wellness

COURSE DESCRIPTION

Course Title: Health 7

1 Semester

Prerequisite: None

½ Credit

Health 7 is a required course that all junior high students must complete successfully. The aim of this health course is to develop responsible behavior in our students when they confront today's complex health issues. Such an approach should contribute to the students' physical and psychological wellness.

The Health 7 course includes units on Mental Health, Family Life, Nutrition, Substance Abuse, Environmental & Community Health, Diseases and Disorders, AIDS Prevention, Human Growth & Development, and Safety & First Aid.

The parent must submit a written request if he or she does not want his/her child to participate in the AIDS presentations and Human Growth & Development units. The 7th grade Health course outline, the Human Growth & Development teacher lesson plan guide, and the AIDS curriculum guide are all available to a parent upon request.

APPROXIMATE TIME ALLOTMENTS

I.	Mental Health	21 Days
II.	Family Life	1-2 Days
III.	Nutrition	2-3 Days
IV.	Substance Abuse: Tobacco - (5 Days) Alcohol - (5-6 Days) Drugs - (5-6 Days)	15-17 Days
V.	Environmental & Community Health	1-2 Days
VI.	Diseases and Disorders	15-18 Days
VII.	AIDS Prevention	2 Days
VIII.	Human Growth and Development – LI Teen Freedom	14 Days
IX.	Safety and First Aid	2-3 Days
X.	Final Examination Review	2-3 Days
XI.	Final Examination	<u>2 Days</u>
		Total = 77-87 Days

I. **MENTAL HEALTH**

21 Days

Upon completion of this course, the successful student should be able to:

- A. Identify the traits of good mental health.
- B. Describe the elements of prejudice and how to minimize it.
- C. Explain the benefits of a positive self-concept.
- D. Identify healthful ways of meeting emotional needs and communicating.
- E. Explain how to make responsible decisions.
- F. Identify ways of dealing with stress.
- G. Identify anger and ways to control it.
- H. Define various types of abuse and be cognizant of places to go for help.
- I. Identify methods of preventing child abduction and follow-up procedures.
- J. Identify major mental disorders and where to go for help, treatment, and specialists.
- K. Define various types of defense mechanisms.
- L. Identify skills needed to build healthful social relationships.
- M. Name factors that sometimes lead to teen suicide, and how and where to seek help.
- N. Explain the importance of family and friends.
- O. Identify positive and negative peer pressure.
- P. Identify the process of aging and how to deal with bereavement and grief.
- Q. Identify New York State Social Service Agencies.

II. FAMILY LIFE

1-2 Days

Upon completion of this course, the successful student should be able to:

- A. Predict how families may change in the future.
- B. Describe the factors that influence family development.
- C. Identify several types of families and list some changes in modern families today.
- D. Identify ways to be a good parent.

III. NUTRITION

5 Days

Upon completion of this course, the successful student should be able to:

- A. Why is it important to exercise and the importance of exercise.
- B. Explain the meaning of RDA.
- C. Describe how to use the food groups in order to follow a healthy diet.
- D. List some healthy snack foods.
- E. Explain the relationship of fiber, sugar, fat, cholesterol, and salt to overall health and the diseases associated with these foods.
- F. Identify the principles of healthful weight-loss and healthful weight-gain diets.
- G. Understand the components of a well-balanced diet plan.

IV. **SUBSTANCE ABUSE**

15-17 days

TOBACCO, ALCOHOL, & DRUGS

Upon completion of this course, the successful students should be able to:

- A. Identify the community agencies that help individuals with substance abuse problems.
- B. Tobacco-related objectives: (5 Days)
 - 1. Explain how tobacco harms the body.
 - 2. Explain the reasons many teens use tobacco.
 - 3. Explain how to say “no” when offered tobacco.
 - 4. Describe ways of breaking the tobacco habit.
 - 5. Describe the effects of cigarette smoke on nonsmokers.
 - 6. Identify steps the government has taken to reduce tobacco use.
- C. Alcohol-related objectives: (5-6 Days)
 - 1. Describe a variety of health risks for teens that drink.
 - 2. Explain how they can help someone with a drinking problem.
 - 3. State some reasons teens give for using alcohol.
 - 4. State some reasons teens give for not using alcohol.
 - 5. Identify healthful alternatives to alcohol use.
- D. Other drug related objectives: (5-6 Days)
 - 1. Describe some of the uses of medicines. (Prescription, Non-Prescription)
 - 2. Tell what Food and Drug Administration does.
 - 3. Describe ways in which drugs may harm the body.
 - 4. Describe the health risks related to the use of stimulants, depressants, marijuana, hallucinogens, and inhalants.
 - 5. Identify ways of saying “no” when offered drugs.
 - 6. Identify healthful alternatives to using drugs.
 - 7. Identify the definitions of drug use, misuse, and abuse.

V. **ENVIRONMENTAL AND COMMUNITY HEALTH** 1-2 Days
Upon completion of this course, the successful students should be able to:

- A. State the causes of different kinds of pollution and how it effects the environment.
- B. Explain the importance of clean air and water.
- C. Explain the importance of recycling.
- D. Describe what can be done to protect the environment.
- E. Describe ways to conserve energy.
- F. Describe the ozone layer and how it affects your health.
- G. Understand the importance of discussing how local, state, and federal agencies enforce laws and assist in the event of a natural disaster.

VI. **DISEASES AND DISORDERS** 12-18 Days
Upon completion of this course, the successful students should be able to:

- A. Understand communicable diseases and prevention.
 1. Identify disease-causing organisms.
 2. Understand how antibiotics combat specific disease-causing organisms.
 3. Identify how communicable diseases are spread.
 4. Identify the four stages of communicable diseases.
 5. Identify natural body defenses against diseases.
 6. Identify means of acquiring immunity, with emphasis on available immunization shots.
 7. Identify various communicable diseases (common cold, influenza, pink eye, etc.).
 8. Identify sexually transmitted diseases, both in terms of cause and prevention.
 9. Understand what AIDS is and how it is transmitted.
 10. Understand that AIDS is not spread by casual contact.
- B. Understand non-communicable diseases and disorders.
 1. Define the ten “non-communicable diseases” and give examples of how life styles lead to their development.
 2. Learn the causes of several cardio-vascular diseases.
 3. Recognize how to reduce the risks of cardio-vascular diseases.
 4. Describe the major advances in the treatment of cardio-vascular diseases.
 5. Define cancer.
 6. Discuss the different kinds of cancer.
 7. Describe how to reduce the risk factors related to cancer.
 8. Describe the major cancer treatments.
 9. Identify the symptoms and treatments of arthritis, epilepsy, diabetes, and other common disorders.

- VII. **AIDS PREVENTION** 2 Days
(Parental Permission Required)
Upon completion of this course, the successful students should be able to:
- A. Understand reasons that abstinence is the most responsible decision concerning AIDS prevention.
 - B. Understand the need to be responsible for their behavior and for the consequence that some behaviors may have on themselves and on other people.
 - C. Understand alternate methods of AIDS prevention.
- VIII. **HUMAN GROWTH & DEVELOPMENT** 14 Days
(Parental Permission Required)
Upon completion of this course, the successful students should be able to:
- A. Understand the anatomy and physiology of the male and female reproductive system.
 - B. Understand terminology such as ovulate, fertilization, etc.
 - C. Identify the key factors that influence the health of the developing baby.
 - D. Identify the stages of life from birth through adolescence.
 - E. Describe how a person changes in puberty.
 - F. List the development stages of puberty.
 - G. Identify the changes caused by aging.
 - H. Identify the stages of death and grief.
- IX. **SAFETY & FIRST AID** 2-3 Days
Upon completion of this course, the successful student should be able to:
- A. Follow safety rules, e.g. rules pertaining to biking, boating, swimming, etc.
 - B. Understand the importance of remaining calm in emergencies and avoiding unnecessary risks.
 - C. Describe home accidents and ways to prevent them.
 - D. Apply knowledge of fire safety to his/her environment.
 - E. List safety practices appropriate to recreational activities.
 - F. Describe the basics of first aid and how to prepare for common emergencies.
 - G. Discuss the techniques of C.P.R.
- X. **FINAL EXAMINATION REVIEW** 2-3 Days

XI. FINAL EXAMINATION

2 Days

TEACHING AIDS

Teaching aids may include the following:

- Films
- Magazine and newspaper articles, health journals, and periodicals
- Posters
- Problem solving activities
- Role-playing
- Speakers from agencies
- Utilization of library for projects
- Videos

For assistance in locating materials and/or resources, consult the building library chairperson, the District Director of Health, or the District IMC catalog.

EVALUATION

Students will be evaluated by:

1. Quizzes - oral and written
2. Full period tests
3. Class participation
4. Notebook
5. Reporting to class prepared with homework assignment
6. District final examination
7. Written and oral reports