

8th Grade Health Syllabus

Teacher Contact Information

CRA

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HMS

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Course Description

Real-life application of health skills to help students apply what they learn in health class toward practicing healthy behaviors for a lifetime.

Student Learning Objective/Outcomes

Students will learn and apply healthy behaviors for their personal well-being.

Syllabus

Semester Timeline – 1st-9th week

- *Personal Health & Wellness
- *Eyes & Ears
- *Nervous System
- *Integumentary System
- *Communicable & Noncommunicable Diseases
- *Lymphatic System
- *Circulatory System
- *Digestive System/Nutrition
- *Fitness/Nutrition

Semester Timeline – 10th-18th week

- *Skeletal System/Drugs & Disease
- *Muscular System/Drugs & Disease
- *Respiratory System/Drugs & Disease
- *Drugs
- *Endocrine System
- *Reproductive System
- *Growth and Development
- *Violence Prevention
- *Safety and Emergencies

Assignments & Academic Calendar – 1st Semester

Weeks 1 – 3 days (8/31-9/2)

Class Expectations & Making the Grade/Contract for a Grade
Longevity Survey
Personality Traits and Learning Styles

Week 2 – 4 days (9/6-9/9)

Three areas of health and wellness – poems
Mental and Emotional health
Mental and Emotional Disorders
Research

Week 3 – 5 days (9/12-9/16)

Parts of eyes & ears
Sense of sight and hearing mini readings and quizzes
Problems/Diseases/Doctors
Drug Effects
Research

Week 4 – 4 days (9/19-9/22)

Nervous System/Your body's command center
Parts of the nervous system
Problems and care of the nervous system
Research

Week 5 – 5 days (9/26 – 9/30)

Wrap up Nervous System
Review Integumentary System
Research
Preventing the Spread of Disease/Communicable Diseases
Immune System

Week 6 – 5 days (10/3-10/7)

Common Communicable Diseases
Immune & Lymphatic System
Noncommunicable Diseases
Research
Wrap-up/

Week 7 – 5 days (10/10- 10/14)

Review Circulatory System and Healthy BMI
Heart Disease, cardiovascular problems, diabetes, arthritis, allergies and asthma
Research
Wrap-up

Week 8 – 3 days (10/17-10/19)

Review Digestive System & Excretory System
Review Nutrition for Health
Research
Nutrition Plan
Wrap-up

Week 9 – 5 days (10/24-10/28)

Review Physical Activity and Fitness

Fitness Plan
Research
Sports conditioning/nutrition and avoiding injury
Wrap-up

Second Semester Timeline

Week 1 – 4 days (11/1-11/4)

Review the Skeletal System
Functions, joints and connective tissue
Research effects of drugs and diseases
Review the Muscular System
Types of Muscles, how they work and problems

Week 2 – 5 days (11/7-11/11)

Muscles in connection with the Circulatory System
Problems and Care of the Circulatory System
Research effects of drugs and disease on the Circulatory System and Respiratory System
Review the Respiratory System
Problems and Care of the Respiratory System

Week 3 – 5 days (11/14-11/18)

Review of drugs and how they affect your body systems
Marijuana, Alcohol, Tobacco
Narcotics, Stimulants, and Depressants
Hallucinogens and Inhalants
Research Illegal Drugs

Week 4 – 7 days (11/21-11/22)

Introduce the Endocrine System
Review the Reproductive System Male & Female
Review Sexually Transmitted Diseases
Review HIV/AIDS
Research how drugs and sexually transmitted diseases affect the reproductive system
Prevention

Week 5 – 5 days (12/5-12/9)

Growth and Development
The Beginning of Life
Childhood to Adolescence
Adulthood and Aging

Week 6 – 5 days (12/12-12/16)

Growth and Development cont.
How Drugs affect Human Growth and Development
Research
Wrap-up

Week 7 – 4 days (12/19-12/22)

Personal Care and Consumer choices
Being a Smart Health Consumer
Using Medicines Wisely
Research

Week 8 – 5 days (1/4-1/10)

Violence and Preventing Violence
Dealing with Violence
Bully and Harassment
Abuse and Coping

Week 9 – 6 days (1/11-1/20)

Safety in the Home and at School
Safety on the Road and Outdoors
Safety in Weather Emergencies
Basic First Aid
First Aid for Common Emergencies
Life-Threatening Emergencies