

# 8<sup>th</sup> Grade Health Syllabus

2011-2012

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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.

## Materials needed for class everyday:

- ✓ Textbook: Glencoe *Teen Health* Copyright 2009
- ✓ Notebook
- ✓ Pencil

## Be Respectful:

- Be on time and ready to work when class starts. (The day's participation points will be lost if you are late)
- Cell phones and IPODS are not allowed in the classroom and will be taken away if I see you using them.
- You are expected to follow all school and district policies.

## Be Responsible:

- It is your responsibility to write down homework assignments and bring your completed work to class.
- Late homework will be accepted one day late for 50% credit but after that no credit will be awarded.
- You always have the option to redo an assignment within one week for half of the points that were missed.
- You are responsible for the material and homework covered in class if you are absent. The homework calendar is posted on my website and always available.
- Make-up work will only be accepted for excused absences. Make-up tests and quizzes must be scheduled **immediately**.
- If you miss class for a school related extra-curricular activity you are expected to get the assignment before you leave and it is due the day you come back.
- Books must be covered and brought to class every day.

**Be a Learner:** Attendance and an open mind are required in order to create a positive learning environment. It is not important that you get all of the correct answers, but it is essential that you attempt every activity and come to class ready to actively participate..

**You earn your grade:** You will be graded on both your class participation and your course work. Participation includes coming to class and being willing to try and learn new things every day. The course work will include homework assignments, projects, tests and quizzes which will all be announced.

**Grading Scale:**

|            |                 |
|------------|-----------------|
| A = 90-100 | D= 60-69        |
| B = 80-89  | F= 59 and below |
| C = 70-79  |                 |

**Cheating and Plagiarism:** Cheating and plagiarism will not be tolerated in this classroom. If you feel like your neighbor is looking on your paper at any time during a test please get up and move so there is no suspicion that you may be cheating. Plagiarism is *the act of using the ideas, language, or work of another, and passing them off as one's own product*. This includes submitting or copying another person's work, failing to site your sources, and furnishing false information. If you are caught cheating or plagiarizing you will receive a zero on the activity and your parents will be notified.

**Extra Help:** If you need extra help please come in before school, after school, or during lunch.

**Middle School Health Opt out Policy:** Please give advanced notification if you plan to opt out of any activities.

Step 1 - Refer to Parent Handbook 5.10P for opt out procedure

Step 2 - Options for opt out assignment

Teacher will give the parent and student the decision to go further in depth with previous content in the form agreed upon by the teacher, parent, and student (i.e. Poster, PowerPoint, or written report)

Step 3 - Points will be awarded for opt out assignment that will be equivalent to the unit points possible.

## 8<sup>th</sup> Grade Health Course Overview 2011-2012

*Please note that this outline and weekly projects are subject to change.*

### **Week 1: Introduction to Health and Wellness**

- **Rules and protocols**
- **Health and Wellness:** (chapter 1) Objectives: identify the three sides of the health triangle, define health, and explain how health habits affect wellness.
- **Longevity**

Project: Me Poster

### **Week 2: Being My Best**

- **Self-image and Self-esteem:** (chapter 2) develop skills to build your self-esteem, identify factors that influence your self-concept.
- **Healthy Goals and Decision Making:** (chapter 2) Objectives: describe how decisions affect your health and the health of others, develop decision-making skills to make healthful choices, identify the benefits of setting goals, identify the traits of good character, explain the role of tolerance in social health, describe the qualities found in a good citizen, identify influences on your health, develop refusal skills to avoid certain situations,
- **Body Image:** (chapter 11) Objectives: identify healthy body image, explain how eating and physical activity affect weight, describe ways of maintaining a healthy weight, identify and describe the symptoms of various eating disorders as well as the health risks related to eating disorders

Project: Breaking Down Stereotypes Magazine Cut-outs

### **Week 3: Mental, Emotional Health, and Stress**

- **Mental and Emotional Health:** (chapter 3) - Objectives: Recognize traits of good mental and emotional health, identify factors that influence your self-concept, develop skills to build your self-esteem, practice communication skills to improve your mental and emotional health, identify common emotions, express emotions in healthy ways, recognize healthy ways to meet emotional needs, practice healthful behaviors to manage anger.
- **Coping with Loss:** (chapter 3) Objectives: identify stages in the grief reaction, recognize strategies for coping with personal loss, and provide emotional support to someone who is grieving.
- **Stress:** Objectives: identify the causes of stress describe how your body responds to stress, develop skills to manage stress.

Project: Comic Strip

### **Week 4: Emotional Disorders and Suicide**

- **Emotional Disorders:** Objectives: identify types of anxiety disorders, describe two mood disorders, identify signs of major depression, and determine what to do if you or someone you know needs professional help.
- **Suicide:** Objectives: identify causes and warning signs of suicide

Project: Vocabulary Cross-word

### Week 5: Relationships

- **Friendships:** (chapter 6) Objectives: explain changes that occur in friendships during adolescence, identify the qualities of a good friend, and develop communication skills to make new friends.
- **Communication:** (chapter 6) Objectives: describe types of non verbal communication; identify ways of being a good listener.
- **Peer pressure and Refusal Skills:** (chapter 6) Objectives: explain the differences between positive and negative peer pressure identify risks of negative peer pressure, develop refusal skills to resist negative peer pressure.
- **Family:** (chapter 6) Objectives describe responsibilities within the family; develop healthy ways to deal with family changes.

Project: Create a Story Book Teaching a Lesson

### Week 6: Conflict Resolution

- **Conflict Resolution:** (chapter 7) Objectives: describe reasons why conflicts occur, describe different kinds of conflict, develop healthy and effective ways to deal with bullying.
- **Preventing Conflicts:** (chapter 7) Objectives: identify factors that build conflicts, prevent conflicts from becoming serious, and develop stress-management techniques to release anger.
- **Resolving Conflicts:** (chapter 7) Objectives: demonstrate effective skills for resolving conflicts recall the steps of the mediation process, identify traits of a good mediator.

Project: Group Skit

### Week 7: Violence Prevention

- **Avoiding and Preventing Violence:** (chapter 8) Objectives: identify factors that contribute to teen violence, analyze how the media influence teen violence, describe measures taken to prevent violence in school, explain ways to protect yourself.
- **Dealing with Violence:** (chapter 8) Objectives: identify several types of violent crimes, describe actions that victims of violence need to take, advocate for the prevention of violence in America.
- **Bullying:** (chapter 8) Objectives: describe ways of dealing with bullies, identify different forms of harassment, and develop effective communication skills to deal with harassment
- **Abuse:** (chapter 8) Objectives: explain the different forms of abuse, describe the effects of abuse on victims, describe the cycle of abuse, and develop a plan to stop the cycle of abuse.

Project: Research organizations or places in the community that can help deal with violence, bullying and abuse.

## Week 8: Personal Care and Hygiene

- **Personal Care:** (chapter 15) Objectives: identify common skin and hair problems, explain functions of the mouth and teeth, describe how to protect your eyes and ears.
- **Being a Smart Health Consumer:** (chapter 15) Objectives: identify skills of an informed consumer, describe factors that play a role in comparison shopping, explain how to resolve problems with purchases, analyze advertisements for health products and services.

Project: Write a letter to the maker of a product you bought that doesn't work.

## Week 9: Skeletal and Muscular Systems

- **Skeletal System:** (chapter 16) Objectives: explain the functions of the skeletal systems, identify four types of joints, list some problems of the skeletal systems, and practice healthful behaviors to keep your skeletal system healthy.
- **Muscular System:** (chapter 16) Objectives: explain the functions of the muscular system, identify how muscle types differ, describe ways to keep your muscular system healthy.
- **Fitness Test**

Project: Write a song or poem about a bone or muscle and what it does or where it is located.

## Week 10: Fitness

- **Benefits of Physical Activity:** (chapter 9) Objectives: analyze the benefits of physical activity, develop habits to improve your physical health, describe various types of physical activities, and explain the importance of exercise to overall fitness.
- **Endurance, Strength, and Flexibility:** (chapter 9) Objectives: identify the five elements of physical fitness, describe exercises that improve different areas of physical fitness, develop behaviors that will improve your body composition.
- **Setting Fitness Goals:** (chapter 9) Objectives: identify factors to consider when choosing activities and exercises, explain the parts of the F.I.T.T. principle, and develop warm-up and cool down techniques for preventing injuries.
- **Sports conditioning and Avoiding Injury:** (chapter 9) identify ways of minimizing injury risks during sports or activities.

Project: Keep and Activity Log.

## Week 11: Nutrition

- **Digestive and Excretory Systems:** (chapter 16) Objectives: explain the process of excretion, identify the parts and functions of the digestive system, and describe ways to prevent problems to the digestive and excretory systems. Practice healthful behaviors for good health.
- **Importance of Nutrition:** (chapter 10) Objectives: explain why the body needs nutrients, identify factors that influence which foods you choose; describe how your emotions can affect your food choices.

- **Eating Disorders:** (chapter 11) describe the symptoms of various eating disorders, explain the health risks associated with eating disorders, and identify sources of help that are available for a person with an eating disorder.

Project: Group creation of one course of a meal.

### Week 12: Nutrition

- **Nutrients for Wellness:** (chapter 10) Objectives: identify the six major classes of nutrients, explain specific ways your body uses nutrients.
- **Following Nutrition Guidelines:** (chapter 10) Objectives: explain how to use MyPyramid food guidance system, identify the names of the five main food groups in MyPyramid. Describe recommendations from the *Dietary Guidelines for Americans*.
- **Planning Meals and Snacks:** (chapter 10) Objectives: explain why breakfast is important, describe meal-meal planning tips, and identify healthy ways to snack.

Project: Create a food plan for 1 day including 2 snacks.

### Week 13: Drugs and Alcohol

- **Respiratory System:** (chapter 16) Objectives: explain how your body uses the air you breathe, identify the parts and functions of the respiratory system, describe ways to maintain the health of your respiratory system, analyze the role of posture on your respiratory health.
- **Tobacco:** (chapter 13) Objectives: recognize the various forms of tobacco identify some of the harmful substances in all forms of tobacco; describe the negative effects tobacco use can have on appearance.
- **Health Risks of Tobacco:** (chapter 13) Objectives: describe how tobacco use affects the body systems, practice decision making to protect your health against tobacco smoke.
- **Tobacco's Cost to Society and choosing to be Tobacco free:** (chapter 13) Objectives: Identify ways in which tobacco harms nonsmoker, identify ways teens are influenced to try tobacco, explain how to avoid pressure to use tobacco.

Project: Song or video clip that promotes the use of drugs or alcohol and write a response talking about how the media influences each part of health triangle. (2 weeks)

### Week 14: Drugs and Alcohol

- **Drug Misuse and Abuse:** (chapter 14) Objectives: explain the difference between drug misuse and drug abuse, identify the risks of drug abuse, and develop strategies for making healthful choices about taking medicines.
- **Marijuana and Other Illegal Drugs:** (chapter 14) Objectives: describe the effects of marijuana use, identify the most commonly used club drugs, explain the reasons that teens abuse anabolic steroids, and list the physical effects of anabolic steroid use.
- **Narcotics, Stimulants, and Depressants:**(chapter 14) Objectives: name the most commonly abused narcotics, describe the effects that narcotics can have on a user's health, identify specific stimulants CNS depressants

- **Hallucinogens and Inhalants:** (chapter 14) Objectives: define hallucinogens, explain how hallucinogens affect the user, and identify the health risks to a person who uses inhalants or hallucinogens.
- **Addiction and how to get help and Staying Drug Free:** (chapter 14) Objectives: explain why it is important to get help for drug use, identify the symptoms of drug abuse, and describe different treatment options for drug abuse.

### Week 15: Diseases

- **Circulatory System:** (chapter 16) Objectives: explain the process of circulation, identify the parts of the circulatory system, and describe ways to keep your circulatory system healthy.
- **Nervous System:** (chapter 16) Objectives: explain the functions of your nervous system, identify the different parts of the nervous system describe ways of protecting your nervous system from injury.
- **Preventing the Spread of Disease:** (chapter 18): Objectives: name some causes of communicable diseases, explain how germs spread, and describe how to protect yourself against pathogens.
- **The Body's Defenses against Infection:** (chapter 18): Objectives: name the body's first line of defense against pathogens and how the immune system functions. Explain how antibodies protect the body.

Project: Generate appropriate interview questions to ask a person that has a disease.

### Week 16: Diseases

- **Common Communicable Diseases:** (chapter 18) Objectives: explain what causes colds and how they can be treated, identify some common communicable diseases, and describe the symptoms of some common communicable diseases.
- **Causes of Noncommunicable Diseases:** (chapter 19) Objectives: identify various types and causes of noncommunicable diseases.
- **Cancer:** (chapter 19) Objectives: identify common types and causes of cancer and explain ways that cancer can be treated.
- **Heart and Circulatory Problems:** (chapter 19) Objectives: identify and describe different types of heart disease and how to treat and reduces the risk of heart disease.
- **Diabetes and Arthritis:** (chapter 19) Objectives: describe the different types of diabetes and arthritis and explain how to manage diabetes and arthritis.
- **Allergies and Asthma:** (chapter 19) Objectives: describe how to manage an allergic reaction and explain what happens during an asthma attack.

Project: Interview someone with a disease and share.

### Week 17: Human Reproduction

- **Reproductive System:** (chapter 16) Objectives: identify the parts of the male and female reproductive systems, explain the three functions of the female reproductive systems, and identify problems of male and female reproductive systems and describe ways to keep your reproductive systems healthy.
- **Sexually Transmitted Diseases:** (chapter 18) Objectives: identify common STDs and the problems they cause, state how to protect yourself from STDs, explain why abstinence until marriage is the best way to avoid getting and STD.

Project: Reflection

### **Week 18: Human Reproduction**

- **The Beginning of Life:** (chapter 17) Objectives: identify the building blocks of life, explain how a single cell develops into a baby, and describe the stages of birth, access information on the physical and emotional changes pregnant female experiences.
- **Heredity and Environment:** (chapter 17) Objectives: explain how characteristics are passed from parent to child, identify factors that could cause birth defects, explain the importance of prenatal care, access information on your family's health history.
- **From Childhood to Adolescence:** (chapter 17) Objectives: explain Erikson's stages of life, identify some developmental tasks facing adolescents, describe the stages of childhood, practice stress management to help you cope with mood swings.
- **Adulthood and Aging:** (chapter 17) Objectives: identify the three stages of adulthood, explain the difference between chronological, biological, and social age, and describe how to keep your health triangle in balance during your later years.

Project: Draw and label the stages of the human life cycle.