

6th Grade Health Syllabus

Teacher Contact Information

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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 Objectives/Outcomes

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

Textbook

Glencoe Teen Health Series Copyright 2009

Assignments & Academic Calendar

Weeks 1-3

Your Health, Mental, and Emotional Wellness

- The Health Triangle (Mental/Emotional, Physical, and Social Health)
- Influences on your health (Heredity, Environment, Family and Culture, Peers, Media, and Technology)
- Making Responsible Decisions
- Healthy Goal Setting (Short-term and long-term goals)
- A Healthy self-concept
- Your Character Counts
- Expressing Emotions
- Coping with Stress/Identifying Emotional Needs (Depression, Suicide, Anxiety Disorders)

Week 3-4

Nutrition

- Food Groups (Grains, Vegetables, Fruits, Milk, Meat and Beans)
- Nutrient Needs
- Maintaining a Healthy Body (Body Image, Obesity, Anorexia, Bulimia, Diabetes, Heart Disease)
- Digestive System

Week 5-6

Personal Health

- Your Teeth, Skin, and Hair
- Protecting your Eyes and Ears
- Using Medicines Responsibly
- First Aid
- Health Care in you community (Allergist, Cardiologist, Dermatologist, Oncologist, Ophthalmologist, Orthodontist, Orthopedist, Otolaryngologist, Pediatrician)

Week 7

Physical Activity

- Elements of Fitness

- Personal Fitness Plan
- Safety during physical activity

Week 8

Growth and Development

- Changes during adolescence (Puberty, Adolescence, Physical Changes)
- Human Reproduction (Reproduction system, egg, fertilization, menstruation, sperm, urethra, testes, scrotum, penis, vas deferens, ejaculation, vagina, uterus, fallopian tubes, ovaries, cervix)
- Understanding STD's (Abstinence-not participating in high-risk behaviors, HIV, AIDS, Chlamydia, Gonorrhea, Syphilis, Genital Warts, Genital Herpes, Hepatitis B)

Week 9 -11

Tobacco, Alcohol, and Drugs

- Tobacco: A Harmful Drug (Nicotine, Carbon Monoxide, tar, emphysema, addiction)
- Staying Tobacco Free (secondhand smoke and passive smokers)
- Dangers of Alcohol Use (cirrhosis and blood alcohol content)
- Alcoholism and Addiction
- Illegal Drugs (Inhalants, marijuana, stimulants, steroids, narcotics, hallucinogens, meth)
- Abuse (Drugs, Sexual, Emotional)
- Avoiding Alcohol and Drugs (Abstinence and substance abuse)

Week 12

Safety

- Outdoor safety
- First Aid

Course & Instructor Policies

Grades will be determined by in-class work and unit assessments.

Middle School Opt Out Policy

After reviewing this syllabus, if there is content you wish to opt out your child, please inform the course teacher or building administrator as soon as possible.

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.