

SPECIAL EDUCATION HEALTH  
GRADE 9  
(1 Semester - Graduation Requirement)

COURSE OVERVIEW:

This one semester course is a requirement for graduation. Students will learn that health is a combination of physical, mental and social well-being and how decisions they make today will affect their future health. The course focuses on the human body, body systems, reproduction, behavior, and responsibility. The curriculum emphasizes reading, writing, listening, and study skills while stressing the relationship between behavior, decisions, and health.

UNITS OF INSTRUCTION:

- UNIT I - Mental and Emotional Health
- UNIT II - Personal Health and Family Life
- UNIT III - Nutrition
- UNIT IV - Preventing and Controlling Diseases and Disorders
- UNIT V - Use and Misuse of Substances
- UNIT VI - Injury Prevention and Safety Promotion
- UNIT VII - Health and Society
- UNIT VIII - Human Systems
- UNIT IX - Reproduction

STUDENT OUTCOMES:

1. Recognize that health deals with physical, emotional, and social well-being. (22A)
2. Identify basic parts of the body systems and their functions (heart, lungs, eyes, and ears) (23A)
3. Identify basic body systems and their functions (nervous, respiratory, digestive) (23A)
4. Explain how body systems interact with each other (digestive and respiratory) (23A)
5. Explain how body systems' functions can be maintained and improved through exercise and nutrition. (23A)
6. Identify the relationship between nutrition, exercise, and health. (23A, 23B, 23C)
7. Formulate strategies to prevent conflict and resolve differences (24A)  
Identify strategies for dealing with stress and peer pressure. (24A)

8.	Demonstrate an understanding of vocabulary and concepts related to health. (24C)
9.	Identify factors that influence health (24C)
10.	Show an understanding of the male and female reproductive systems. (23A)
11.	

MAJOR LEARNING EXPERIENCES TO ACHIEVE OUTCOMES:

1.	Participate in classroom activities (oral reading, note-taking, auditory questioning).
2.	Complete all classroom and homework assignments.
3.	Produce (a) project(s) (unit and/or semester) as assigned.
4.	Maintain an organized course book.
5.	Participate in small group activities.
6.	Meet IEP objectives.

ADOPTED TEXT OR PRINCIPAL MATERIALS USED:

Owen. <i>Fearon's Health, 2<sup>nd</sup> ed.</i> Globe Fearon, 1994.	(adopted 1998)
<i>Health and You, Books 1 and 2.</i> Steck-Vaughn	(adopted 1996)
<i>The Human Body.</i> Steck-Vaughn	(adopted 1996)
<i>Life Skills Health.</i> American Guidance Service, Inc., 1999	(adopted 2001)
<i>Building Self Confidence.</i> Globe-Fearon	
<i>Choosing Good Health, Volumes 3-7.</i> Globe Fearon	
<i>Family Planning.</i> Follett Educational Services	
<i>First Aid and Home Safety.</i> Globe Fearon	
<i>Health, Safety, and Sanitation.</i> Steck-Vaughn	
<i>Help – First Aid Biology.</i> Quercus Corporation	
<i>Human Biology.</i> Globe Fearon	
<i>Medical Care.</i> Globe Fearon	
<i>Staying Healthy.</i> Globe Fearon	
<i>Taking Care of Yourself.</i> Steck-Vaughn	

(01/08/04)  
(06/01/00)