

PRE-VOCATIONAL SELF-CONTAINED HEALTH
GRADES 9-10
(1 Semester)

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 - Hygiene
- UNIT II - Health, Wellness, Basic Life
- UNIT III - Interpersonal Relationships
- UNIT IV - First Aid
- UNIT V - Safety
- UNIT VI - Dating/Marriage
- UNIT VII - Reproduction
- UNIT VIII - Child Care

STUDENT OUTCOMES:

1. Demonstrate understanding of the vocabulary and concepts related to health. (24C)
2. Identify factors that influence health. (24C)
3. Recognize that health deals with physical, emotional, and social well-being. (22A)
4. Identify strategies for dealing with stress and peer pressure. (24A)
5. Show an understanding of the male and female reproductive systems. (23A)
6. Describe the advantages of abstinence before marriage.
7. Describe possible consequences of sex without marriage.
8. Identify the relationship between nutrition, exercise, and health. (23A, 23B, 23C)

MAJOR LEARNING EXPERIENCES TO ACHIEVE OUTCOMES:

1.	Complete all classroom and homework assignments.
2.	Produce an independent Internet project.
3.	Produce unit projects as assigned.
4.	Maintain an organized course book.
5.	Participate in small group activities and assignments.

ADOPTED TEXT OR PRINCIPAL MATERIALS USED:

<i>Choosing Good Health, Vol. 3-7.</i> Steck-Vaughn.	
<i>The Human Body.</i> Steck-Vaughn.	(adopted 1996)
<i>Health and You, Book 1 & 2.</i> Steck-Vaughn.	(adopted 1996)
<i>Taking Care of Yourself.</i> Steck-Vaughn.	
<i>Human Biology.</i> Globe.	
<i>Family Planning.</i> Follett.	
<i>Help – First Aid Biology.</i> Quercus Corp.	
<i>Health, Safety, Sanitation.</i> Steck-Vaughn.	
<i>Staying Healthy.</i> Fearon.	
<i>First Aid and Home Safety.</i> Globe Fearon.	
<i>Building Self-Confidence.</i> Globe Fearon.	
<i>Medical Care.</i> Globe Fearon.	
<i>Health.</i> Globe Fearon.	(adopted 1996)

(01/10/04)

(06/20/00)