

COURSE TITLE: Health

Level of Difficulty	Estimated Homework	Prerequisites
Moderate	0-30 Minutes	District: None Department Suggestion: N/A

Course Description:

Comprehensive Health class (graduation requirement). Topics include mental illness, stress, stress management techniques, communication, refusal skills, decision-making, goal setting, drug prevention, reproduction anatomy and physiology, abstinence, contraception, HIV/AIDS prevention, nutrition education, physical activity, and muscle and bone anatomy(per. 1)

TOPICS TO BE COVERED:

Introduction to Health /Health Skills	1
I. Mental Health & Disorders	1-2
II. Tobacco, Drugs, and Alcohol	3-4
III. Family Life (Reproductive Systems, AIDS, S.T.D.s, Contraception	5-6
IV. Nutrition	7
V. Body Systems (if time)	8
VI. Disease: Communicable & Non-communicable (if time) included in ESLR final project	

Grading:

90-100% A

80-89.9% B

70-79.9% C

60-69.9% D

59.9% and under F

Variations may occur between teachers

Syllabus:

<http://teacherweb.com/CA/NewburyParkHighSchool/Baum/apt1.aspx>

<http://teacherweb.com/CA/NewburyParkHighSchool/Caulfield/index.aspx>

Supplemental Information:

GUEST SPEAKERS

Throughout class (& possible during geography class pending scheduling) we will have the following speakers come to the class to discuss the following topics:

- 1) INTERFACE-Discuss healthy relationships, abusive relationships and where to find help.

<http://www.icfs.org/teen-dating-violence.html>

- 2) STRAIGHT UP-Drug prevention. Speaker has Jeopardy style game kids play & learn.

<http://www.straightupvc.org/>

- 3) PLAN A-Abstinence education, STI education PlanA@CrossroadsClubs.org

- 4) WITH HOPE-Suicide prevention <http://www.withhopefoundation.org/>

Final ESLR group research project required, includes 5-8 minute presentation