

**St. Clement's School**  
**Course Outline**  
**Eighth Grade Health**  
**Fall or Spring Semester**

This course outline is a general guide to familiarize students and parents with an overview of the course. It is an approximation of the content and objectives of the course for either the fall or spring semester. The rate of progress may vary depending upon the learning pace that the students can accomplish through the semester. This is an elective course and lasts only one semester.

This course allows the student to receive one half high school credits.

- I. Course content
  - A. Your health and wellness
    - 1. What is health?
    - 2. Influences on your health
    - 3. Taking charge of your health
  - B. Making healthy choices
    - 1. Building health skills
    - 2. Making decisions and setting goals
  - C. Managing stress in your life
    - 1. What is stress?
    - 2. Stress in your life
    - 3. Ways to manage stress
  - D. Peer relationships
    - 1. Developing responsible relationships
    - 2. Peer pressure and refusal skills
  - E. Building healthy relationships
    - 1. Getting along with others
    - 2. Communicating effectively
  - F. Nutrition and your health
    - 1. Food in your life
    - 2. Nutrients
    - 3. Guidelines for a healthful eating style
  - G. Food and your health
    - 1. Managing your weight
    - 2. Fad diets and eating disorders
    - 3. Being a smart food consumer
  - H. Personal Health
    - 1. Healthy skin, hair and nails
    - 2. Healthy teeth and mouth
    - 3. Healthy eyes and ears
  - I. Infectious diseases
    - 1. Common infectious diseases
    - 2. Preventing infectious diseases

- J. Substance abuse
  - 1. Tobacco use and its effect on the body
  - 2. Alcohol abuse and its dangers
  - 3. Illegal drugs and strategies for preventing abuse
- K. Sexually transmitted diseases
  - 1. Common STDs and their treatment
  - 2. Preventing the spread of STDs
- L. HIV and AIDS
  - 1. HIV infection
  - 2. Treatment of HIV related illnesses
  - 3. AIDS prevention
- M. Abstinence
  - 1. Learning to say NO
  - 2. The effects of pre-marital sex on emotional and spiritual well-being
- II. Learning objectives
  - A. Students will be able to:
    - 1. Identify health concerns
    - 2. Understand the importance of being healthy
    - 3. Identify individual health risks and how to overcome them
- III. Grading
  - A. Students are expected to...
    - 1. Listen attentively
    - 2. Take notes on important information
    - 3. Engage in class discussion
    - 4. Ask pertinent questions that add to learning
  - B. Major projects
    - 1. Group project to include creation of consequences “game”
    - 2. Group project teaching personal hygiene to kindergarteners
- IV. Class policies
  - A. Materials
    - 1. Textbook for teacher only Glencoe *Teen Health*
    - 2. Spiral notebook for note taking
  - B. Late work
    - 1. Late work will have 10 points taken from grade after one day
    - 2. Late work will have 20 points taken from grade after second day
    - 3. Late work received after third day receives a zero
  - C. Absence
    - 1. Student will receive late work upon return
    - 2. Student must obtain missed notes from teacher
    - 3. Any test missed will be taken on day of return
  - D. Homework is not usually assigned