



Health and Physical Education 8

Course Summary:

The Health and Physical Education course will introduce the student to vital health concepts and reinforce health skills that promote healthy behaviors. The student will learn the functions and structures of various body systems as well as the care and prevention of disease to these systems. The student will learn about communicable diseases and how to prevent the spread of such diseases. The student will also be able to demonstrate the importance of proper nutrition by planning and analyzing meals and nutritional values. Proper actions in emergencies and safety procedures will also be included. The physical education portion of the course will offer great freedom as the student will be able to choose a physical education regimen that will fit the student's individual needs. The student will be given a choice of three paths that place emphasis on lifelong activities as well as current fitness trends. Physical education lessons are geared toward a "physically fit" lifestyle that will aid the student in the years to come and ensure a higher quality of life.

Course Outline

1. Understanding Your Health

1. Factors Affecting Overall Health
 - Define health today
 - Identify and describe the three sides of the health triangle
 - Explain how habits affect wellness
2. Changes in the Teen Years
 - Describe physical changes that occur during the teen years
 - Describe the mental and emotional changes experienced during adolescence
 - Explain how change during adolescence may affect your relationships
 - Identify some healthy behaviors that contribute to emotional and mental health
3. How to Make Responsible Health Decisions
 - Recognize the importance of lifestyle factors in a person's health
 - Describe risk-reducing behaviors and habits to reduce risks in your life
 - Identify the difference between rest, sleep, sleep deprivation, and sleep debt
 - Create S.M.A.R.T goals to get enough sleep
 - Understand how to evaluate sources of health information
 - Develop a public service announcement that stresses the importance of prevention and early identification of a drug use disorder

2. Mental and Emotional Health

1. Understanding Mental and Emotional Health
 - Describe characteristics of good mental and emotional health
 - Recognize factors that affect your self-esteem
 - Identify skills that help to build your self-esteem
2. Emotions and Behavior
 - Recognize common emotions

- Discover healthy ways to express emotions
 - Identify how to manage anger in a healthful way
 - Describe characteristics of healthy and unhealthy relationships
 - Explain the effects of bullying on individuals, including protected classes
 - Differentiate between bullying, arguments, peer conflict, harassment, teasing, taunting, and joking situations.
3. How to Manage Stress
 - Recognize the causes of stress
 - Explain how your body responds to stress
 - Describe habits for managing stress in your life
 - Describe how to assess levels of stress
 4. Dealing with Loss
 - Understand the stages of reactions that are associated with the grieving process
 - Describe strategies for dealing with personal loss
 - Find out how to emotionally support someone through the grief process
- 3. Mental and Emotional Problems**
1. Mental and Emotional Health Disorders
 - Identify five types and signs of anxiety disorders
 - Discover the common causes of mental and emotional health disorders
 - Identify and describe two mood disorders
 - Describe three signs of clinical depression
 2. Suicide Prevention
 - Recognize warning signs of teen suicide
 - Describe the causes of teen suicide
 - Understand how to communicate to help someone who may be suffering from a mental or emotional health problem
 3. Help for Mental and Emotional Disorders
 - Recognize why you or someone you know may be avoiding getting help for a mental illness
 - Describe the kinds of therapies used to treat mental and emotional disorders
 - Identify professionals who help people with mental health problems
- 4. Nutrition for Health**
1. The Benefits of Nutrition
 - Describe the importance of nutrition on the body
 - Explain how your mood can affect the foods that you eat
 2. Essential Nutrients for Wellness
 - Identify the six major categories of nutrients
 - Describe three ways your body uses nutrients
 3. Using Nutritional Guidelines
 - Explain how to adequately use MyPlate as a guide for healthy eating
 - Describe the recommendations for healthy eating provided by the Dietary Guidelines for Americans
 4. Planning for Meals and Snacks
 - Understand why breakfast is the most important meal of the day
 - Identify meal planning tips
 - Identify healthy ways to choose a snack
 - Compare the health benefits and risks associated with food trends, supplements, and diet beverages
 - Evaluate the accuracy of claims about diets, supplements, and drinks
- 5. Your Body Image**

1. Learning to Maintain a Healthy Weight
 - Understand the importance of a healthy body image
 - Describe how food and physical activity have a major impact on your weight
 - Identify three ways to maintain a healthy weight
2. Living with an Eating Disorder
 - Identify the impact of disordered eating
 - Identify signs and symptoms of eating disorders
 - Describe the health risks associated with eating disorders
 - Identify where someone can get help for an eating disorder
 - Promote resources that offer help with disordered eating

6. Your Body Systems

1. Human Skeletal System
 - Describe the functions of the skeletal system
 - Identify four types of joints located in the body
 - Describe problems that can occur within the skeletal system
 - Identify behaviors that can keep your skeletal system healthy
2. Human Muscular System
 - Describe the functions of the muscular system
 - Identify the differences between various muscle types
 - Identify behaviors that can keep your muscular system healthy
3. Human Circulatory System
 - Describe the process of circulation
 - Identify and explain the parts of the circulatory system
 - Identify behaviors that can keep your circulatory system healthy
4. Human Respiratory System
 - Describe how your body uses the air you breathe
 - Identify and explain the parts and functions of the respiratory system
 - Identify ways to maintain a healthy respiratory system
5. Human Nervous System
 - Describe the major structures and functions of the nervous system
 - Identify and explain the different parts of the nervous system
 - Identify brain and nervous system diseases and disorders
 - Identify ways to protect your nervous system from injury
 - Explain the benefits of using refusal and negotiation skills with regard to avoiding brain and spinal cord injuries
 - Explain how eating good-quality nutrients contributes to brain function
6. The Human Digestive and Excretory Systems
 - Describe the process of excretion
 - Identify ways to prevent problems to the digestive and excretory systems
 - Identify behaviors for good digestive health
7. Human Endocrine System
 - Identify the main functions of the endocrine system
 - Describe the jobs done by the different endocrine glands
 - Explain disorders of the endocrine system
8. Human Reproductive System
 - Identify the parts of the male and female reproductive systems
 - Describe three functions of the female reproductive system
 - Identify problems that can be associated with the male and female reproductive systems
 - Identify ways to keep your reproductive system healthy

7. Infectious Diseases

1. Understanding Infectious Diseases
 - List the causes of infectious diseases
 - Differentiate how germs are spread
2. How Does the Body Fight Infectious Diseases?
 - List the three lines of defense your body has against infectious disease
 - Identify how the immune system functions
 - Describe how antibodies defend against diseases
3. Common Infectious Diseases
 - Name four common infectious diseases
 - Discuss what causes colds and how to treat them
 - Describe what you can do to prevent infectious diseases

8. Safety and Emergencies

1. Being Safe at Home and School
 - Identify how to stay safe in the home and at school
 - Define the parts of an accident chain
 - Identify safe habits
 - Explain the need for school safety drills and procedures
 - Identify the consequences of weapons, violence, and gang involvement
 - Identify ways to develop relationships that are positive and prevent weapon use, violence, and gang involvement
2. Being Safe Outdoors and on the Road
 - Identify ways to avoid injuries in the water and outdoors
 - Define how to stay safe as a pedestrian
 - Determine the traits of a safe driver
3. First Aid
 - Describe what are known as Universal Precautions
 - List the steps to take in an emergency
 - Organize your own first aid kit
4. Handling Common Emergencies
 - Explain the different types on common emergencies
 - Identify first-aid treatments for common emergencies
 - Understand when it is time to call for medical assistance
5. Medical and Life-Threatening Emergencies
 - Differentiate the different types of life-threatening emergencies
 - List the steps to perform rescue breathing
 - Describe the symptoms of shock
 - Recite how to help someone who is choking