

Health Expectations

Units for Health Class

1. Wellness

*Aspects of health= physical, social, mental/emotional

2. Physical Health

- a. Human Growth and Development
- b. Body Systems, Diseases, Disorders, Affects of Drugs
- c. Communicable and Non-Communicable Diseases
- d. Fitness/Nutrition

3. Mental /Emotional Health

- a. Brain and Emotions; Rational Emotive Behavior
- b. Self-Esteem; Goals
- c. Mental Health Problems
*depression, bi-polar disorder, schizophrenia, phobias, obsessive-compulsive disorder, and suicide prevention.
- d. Eating Disorders
- e. Death and Dying
- f. Grieving a Loss
- g. Stress and Stress Management
- h. Anger and Anger Management

4. Social Health

- a. Communication Skills
- b. Stereotypes
- c. Circle Talk- communication, emotions, stereotypes, respect
- d. Family and Communication
- e. Domestic Violence
- f. Working with Others
- g. Decision Making
- h. Communication Walk
- i. Consumer Health
- j. Court Cases- Mock Trials

Grading for Health Class

The health and physical education grades are separate grades. Health grades are based on quizzes and tests, assignments, and projects.