

## Course Description

### Grades 9-12 Health I

**Philosophy Statement:** God's Word states that our bodies are a temple in which His Spirit dwells. Health education consists of health knowledge, personal health awareness, and the skills to apply healthful living strategies. Students are taught to develop goals and plans which enables them to honor God by caring for His temple. Through the study of a Bible-based view of health, each student will develop a better appreciation of the body, mind, and spirit that God has given them.

**Course Description:** Health class helps students examine lifestyles, select goals, and make plans to achieve and maintain optimum health. Students will be encouraged to choose behaviors that promote health and prevent illness and accidents. Health provides current facts in the areas of physical health, mental and spiritual health, family and social health, personal health, nutrition and fitness.

**Textbooks:** Health I  
Glencoe McGraw Hill  
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**Materials:**

- Bible

**Time Allotment:** 45 minutes per day, 5 days per week

**Course Content:**

- Health and Wellness
- Personal and Consumer Health
- Nutrition
- Fitness and Exercise
- Designing a Personal Fitness Plan
- Mental and Spiritual Health
- Social and Family Health

**Areas to be evaluated:**

- Daily Work- Study Guides, Vocabulary, Worksheets and Notes
- Tests and Quizzes
- Assigned Projects and Presentations
- Assigned Papers

**Additional activities:**

- Guest speakers relevant to unit topics
- Field trips