

Course Description

Grades 9-12 Health II

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 emergency care, first aid and CPR, safety and injury prevention, diseases and disorders, drugs and medicines, nutrition and fitness.

Textbooks: Health II
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Materials:

- Bible

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

Course Content:

- Health and Wellness
- Growth and Development
- Diseases and Disorders
- Drugs and Medicines
- Emergency Care and CPR
- Safety and Injury Prevention

Areas to be evaluated:

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

Additional activities:

- CPR and First Aid Training and Certification
- Personal Defense Training
- Guest Speakers Relevant to Unit Topics
- Field Trips