

# Course Syllabus

## Course Description

Middle School Health aids students in creating a foundation of personal health. Beginning with properly defining health, this course then builds upon basic health practices to emphasize the importance of balance. Attention is given to each of the six dimensions of wellness; namely, physical, intellectual, emotional, spiritual, social, and environmental. Students are taught the skills necessary to improve every aspect of health. They are also encouraged to reflect upon their own personal wellness each week.

## Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Health Choices**
  - 1.1 *What is Health?*
  - 1.2 *Decision-Making Skills*
- **Unit 2: Mental Health**
  - 2.1 *Mental Health*
  - 2.2 *Coping Skills*
  - 2.3 *Stress & Time Management*
- **Unit 3: Social Health**
  - 3.1 *Healthy Relationships*
  - 3.2 *Communication*
- **Unit 4: Personal Fitness**
  - 4.1 *Physical Wellness*
  - 4.2 *Nutrition*
  - 4.3 *Weight Management*
- **Unit 5: Personal Health**
  - 5.1 *Disease Transmission & Prevention*
  - 5.2 *Drugs & Alcohol*
  - 5.3 *Reproductive Health*
- **Unit 6: Health & Safety**
  - 6.1 *Consumer & Environmental Wellness*
  - 6.2 *Safety & Personal Injury*

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection\***—a journal reflection on material learned
5. **Discussion\***—class discussion on an assigned topic
6. **Assignment\***—section assignment
7. **Study Hall**—study guides and vocabulary tools to reinforce terms and concepts
8. **Quiz\***—quiz covering information from the lessons

## **Middle School Health**

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The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

### **Assignments and Grading**

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

### **Materials**

There are no required materials for this course.

### **Technical Requirements**

The multimedia lessons should be viewable on multiple devices and browsers with no additional players. Below the multimedia lessons you will find PDF versions of the lessons. A PDF reader is required to view this. Most devices come equipped with a PDF reader. If not, you can download a free one here: <http://get.adobe.com/reader/>.