

## Syllabus for 7<sup>th</sup> Grade Health

### Overview:

The Middle School Health Curriculum is designed to provide the students with information and learning experiences in order to live healthier lives.

**Textbook(s) and Other Resources used:** Greenberg, J. & Gold, R. *Holt Health*. Austin: Holt, Rinehart and Winston, 1999.

*Decisions for Health*. Austin: Holt, Rinehart and Winston, 2004.

Online resources from sources listed on my website and the middle school library.

### Outline of Content:

#### First Quarter

**Topics:** Wellness, Physical Fitness.

**Projects, papers, tests-schedule and types:** Wellness quiz, Physical Fitness test, Physical Fitness Project.

#### Second Quarter

**Topics:** Nutrition, relationship of food, exercise, and disease, sleep, stress.

**Projects, papers, tests-schedule and types:** Wellness Project, Nutrition test.

#### Third Quarter

**Topics:** Infectious diseases, immune system, HIV/AIDS.

**Projects, papers, tests-schedule and types:** Healthy Immune System Demonstration Project, Infectious disease unit test.

#### Fourth Quarter

**Topics:** Noninfectious diseases, congenital, autoimmune, and degenerative types.

**Projects, papers, tests-schedule and types:** Noninfectious disease unit test.

**Grading:** Grade is based on the school district's grading policy.