

## 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:** Holt, Rinehart, Winston, Health. 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 and exercise, 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.