

ASD Academic Plan

Health: 7th, 8th Grade

Grade Level: 7th, 8th grade	Course Description: This course offers effective health instruction methods that are active and promote personal responsibility, lifelong learning, critical thinking, cooperation, and use interdisciplinary approaches. The major topic areas include personal health, nutrition, physical development, social development, substance abuse and use. Further studies will include human sexuality. Parents/community are invited to view the materials. These areas are interrelated and lead to total positive functioning of the individual in his/her environment. Health education aids the individual in making informed choices. Students will practice reflective, active observation and examination of their choices and the affect on personal, family and social well-being.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: N/A	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<p>Making Healthy Decisions</p> <p>Mental Health Personality, Self-Esteem, and Emotions Managing Stress Mental Disorders and Suicide</p> <p>Social Health Family Relationships Building Healthy Peer Relationships Preventing Violence</p> <p>Nutrition Food and Nutrition Making Healthy Food Choices Digestion and Excretion</p> <p>Physical Fitness Movement and Coordination Cardiovascular and Respiratory Health Exercise and Lifelong Fitness Personal Care</p>	<p>Substance Abuse Alcohol Tobacco Preventing Drug Abuse</p> <p>Human Development Reproduction and Heredity Pregnancy, Birth, and Childhood Adolescence and Adulthood</p> <p>Preventing Disease Infectious Diseases Sexually Transmitted Infections and AIDS Chronic Diseases and Disabilities</p> <p>Community Health and Safety Safeguarding the Public A Healthy Community and Environment Preventing Injuries First Aid</p>