

Course Outline for:

Health 8 (Online)

Grade Levels:	8 th Grade	
Assignments:	18 lessons	Credits: 5 units
Course Materials:	all online	

Course Description:

Junior High Health offers a thorough introduction to the basic theories of personal mental and physical health. Students study the health effects of diet and exercise, along with some of the dominant theories of implementing a healthy diet and exercise regimen. The course also introduces students to the diagnosis and treatment of a variety of common illnesses, the practice of prescribing certain drugs for treatment, alternative medicine, and the importance of proper medical care and consultation. Junior High Health also focuses on the very important subject of substance abuse and its treatment.

Learning Objectives:

- Students learn about the basic theories of both mental and physical health
- Students understand the importance of being healthy both mentally and physically
- Students learn about the relationship between diet, exercise, and both mental and physical health
- Students learn about how illness is both diagnosed and treated in various ways
- Students understand the dangers and importance of prescription drugs for all types of ailments
- Students learn about the makeup and the effects of substance abuse
- Students understand how to diagnose and treat a substance abuse problem
- Students study the effects of alcohol on both physical and mental health
- Students learn about alternative medicine as an option for treatment
- Students conduct their own independent research on various health and wellness issues, and report their findings

Course Outline:

Lesson 1: Wellness

- A) Course introduction - questions

- B) Preventive care for children - questions
- C) Emotional intelligence - questions
- D) Stress - tests for stress - questions
- E) Diet & recipes - questions

Lesson 2: Drugs and First Aid

- A) Drugs & medications - questions
- B) Prescription drugs - food additives - questions
- C) Alcohol - drug interactions - questions
- D) First aid - questions
- E) Medical library - questions

Lesson 3: Nutrition, Part I

- A) Diet - questions
- B) Caffeine - good & bad fats - questions
- C) Food groups - questions
- D) Recipes - questions - extra credit assignment

Lesson 4: Nutrition, Part II

- A) Self diet analysis - questions
- B) Nutritional analysis - fast food - eating healthy foods - questions
- C) Health & the heart - health related diseases - questions

Lesson 5: Smoking

- A) Advertising & smoking - questions
- B) Oral cancer & chewing tobacco - questions
- C) Tobacco epidemic - tips for teens - questions
- D) Consequences of smoking - main assignment

Lesson 6: Drugs

- A) Overview of drugs - questions
- B) Diagnosing a drug problem - getting help - questions
- C) Amphetamines - cocaine - questions
- D) Hallucinogens - marijuana - questions
- E) Inhalants - steroids - questions

Lesson 7: Alcohol

- A) Initial questions
- B) Research on alcohol - BAL - questions
- C) Independent research assignment
- D) Al-Anon & Alateen - questions
- E) Addiction - research assignment

Lesson 8: Men's and Women's Health

- A) Women's health overview - questions
- B) Healthcare - PMS - questions

- C) Article - summary assignment
- D) National Women's Health Information Center - questions
- E) Men's health - questions - summary assignment
- F) Prostate health - questions
- G) Health exams - research assignment

Lesson 9: Human Reproduction

- A) Overview research - questions
- B) Puberty - menstruation - questions
- C) Fetal development - questions
- D) Amniocentesis - Cesarean Section - questions
- E) Contraception - questions

Lesson 10: AIDS and STDs

- A) AIDS Memorial Quilt site - questions
- B) AIDS statistics - epidemic - questions
- C) AIDS the disease facts - questions
- D) STDs - questions - research assignment

Lesson 11: Mental Health, Part I

- A) Stress - suicide - questions
- B) Medications - questions - research assignments
- C) Summary assignments
- D) Mental health for teens - questions

Lesson 12: Mental Health, Part II

- A) Mental disorders - questions
- B) Depression - eating disorders - suicide - questions
- C) Research assignments

Lesson 13: Exercise and Fitness

- A) Fitness overview - questions
- B) Heart rate - muscles - questions
- C) Summary assignments - exercise - questions
- D) Self fitness analysis assignments

Lesson 14: Alternative Medicine, Part I

- A) Overview of options in medicine - questions
- B) Materia Medica - medicinal plants - questions
- C) Herbs - ailments - questions
- D) Chiropractics - questions
- E) Chinese medicine - health foods - questions

Lesson 15: Alternative Medicine, Part II

- A) Topic choices - independent research/writing assignment

Lesson 16: Miscellaneous Health Topics

- A) Independent research/writing assignments

Lesson 17: Miscellaneous Health Topics, continued

- A) Independent research/writing assignments

Lesson 18: Final Exam

- A) Student feedback
- B) Self help assignment
- C) Survey