

Bedford High School
Physical Education Department
Jackie Supprise, Program Administrator
Elizabeth Billouin, Health Educator

Course Syllabus

Course: 9012 Health I (Grades 9 or 10)

This course includes units on communication, values clarification, decision making, goal setting, stress management, teen depression and suicide prevention. In addition, factual information on tobacco, alcohol, and other drugs will be presented.

Periods per cycle: 2

Credit: 1.25

I. Learning Objectives:

By the completion of this course, the successful student will have learned:

- a. To demonstrate an understanding of the relationship between physical, mental, social and emotional wellness.
- b. To recognize and accept personal responsibility for one's own wellness and appreciate the impact of individual choices on wellness in the family and community.
- c. To identify personal strengths and weaknesses, and to use this knowledge to choose a healthy lifestyle.
- d. To examine the economic, cultural, political, social, and personal values that influence decision-making.
- e. To develop active listening, communication, decision making, stress management and goal setting skills.
- f. To recognize and appreciate individual differences found in our society.

II. Learning Experiences:

In this course, students will:

- a. Listen to and present class presentations, take notes and actively participate in class discussions.
- b. Complete assigned homework.
- c. Work in-groups to solve problems, and create skits or projects.
- d. Complete all in-class and take-home assessments of learning.

III. Course Outline:

1. Introduction to health and wellness	1-2 weeks
2. Decision making	2-3 weeks
3. Communication and Self-esteem	2 weeks
4. Stress and stress management	2 weeks
5. Mental illness and suicide prevention	2 week
6. Addiction	2 weeks
7. Alcohol , Tobacco, and Other Drugs	5 weeks

IV. Course Materials:

- In order to keep this course up to date a collection of materials, articles, and curriculum documents will be used.