

Course Syllabus

Course Description

Middle School Health aids students in creating a foundation of personal health. Beginning with properly defining health, this course then builds upon basic health practices to emphasize the importance of balance. Attention is given to each of the six dimensions of wellness; namely, physical, intellectual, emotional, spiritual, social, and environmental. Students are taught the skills necessary to improve every aspect of health. They are also encouraged to reflect upon their own personal wellness each week.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Holistic Health**
 - 1.1 *What is Health?*
 - 1.2 *Decision-Making Skills*
- **Unit 2: Mental Health**
 - 2.1 *Mental Health*
 - 2.2 *Coping Skills*
 - 2.3 *Stress & Time Management*
- **Unit 3: Social Health**
 - 3.1 *Healthy Relationships*
 - 3.2 *Communication*
- **Unit 4: Personal Fitness**
 - 4.1 *Physical Wellness*
 - 4.2 *Nutrition*
 - 4.3 *Weight Management*
- **Unit 5: Personal Health**
 - 5.1 *Disease Transmission & Prevention*
 - 5.2 *Drugs & Alcohol*
 - 5.3 *Reproductive Health*
- **Unit 6: Health & Safety**
 - 6.1 *Consumer & Environmental Wellness*
 - 6.2 *Safety & Personal Injury*

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection***—a journal reflection on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—a practice exercise to test your knowledge of vocabulary
8. **Quiz***—quiz covering information from the lessons

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The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

Assignments and Grading

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>