

Warren County School District

PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: Health 9

Course Number: 00626

Course Prerequisites: None

Course Description:

Health 9 is a sequential continuation of the various aspects of health that provides a foundation for making educated health decisions consistent with Pennsylvania Health, Safety, and Physical Education standards. By becoming and remaining physically, mentally, socially, and emotionally healthy, students will favorably impact their lives and the lives of those around them. Health 9 will provide students with the knowledge and skills to achieve and maintain a physically active and healthful life. **This course has a final exam.**

Suggested Grade Level: Ninth Grade

Length of Course:     One Semester                       Two Semesters                       Other

Units of Credit: .5 (Insert *None* if appropriate)

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG #47 (4805 Health & Physical Education and/or 4810 Health)

Certification verified by WCSD Human Resources Department:  Yes     No

TEXTBOOK AND SUPPLEMENTAL MATERIALS

Continue using Board approved textbook?  Yes     No (If yes, then complete the information below.)

**Board Approved Textbooks, Software, Supplemental Materials:**

**Title:** Glencoe Health Hardbound

**Publisher:** McGraw Hill

**ISBN #:** 978-0-02-140707

**Copyright Date:** 2014

**Date of WCSD Board Approval:** April 9, 2018

**BOARD APPROVAL:**

**Date Written:** January 21, 2019

**Date Approved:** \_\_\_\_\_

**Implementation Date:** 2019-2020

## **SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

The teacher shall make appropriate modification to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

### **COURSE OVERVIEW**

#### **Topics to be covered:**

- *Health & Wellness*
- *Mental Health*
- *Nutrition*
- *Physical Fitness & Activity*
- *Drugs, Alcohol, & Tobacco*
- *Conflict Resolution*
- *Body Systems*
- *Relationships*
- *Communicable & Non-communicable Diseases*

#### 10.1.9 Concepts of Health

1. Analyze factors that impact growth and development between adolescence and adulthood.
2. Analyze the interdependence existing among the body systems.
3. Analyze factors that impact nutritional choices of adolescents.
4. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.
5. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

#### 10.2.9 Healthful Living

- A. Identify and describe health care products and services that impact adolescent health practices.
- B. Analyze the relationship between health-related information and adolescent consumer choices.
- C. Analyze media health and safety messages and describe their impact on personal health and safety.

#### 10.3.9 Safety and Injury Prevention

- C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

#### 10.4.9 Physical Activity

- B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
- C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

### ASSESSMENT

**Portfolio Assessment:** \_\_\_\_\_ Yes  No

**District-Wide Common Final Examination Required:**  Yes \_\_\_\_\_ No

**Course Challenge Assessment (Describe):**

Students challenging Health 9 shall score 84% or higher on the district Health 9 final examination.

**WRITING TEAM:** Warren County School District Teachers

### WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination?  Yes \_\_\_\_\_ No  
*\*Warren County School District Policy 9741 and 9744 state, "All classes in grades 9-12 shall have a final exam."*
2. Does this course issue a mark/grade for the report card?  Yes \_\_\_\_\_ No
3. Does this course issue a Pass/Fail mark? \_\_\_\_\_ Yes  No
4. Is the course mark/grade part of the GPA calculation?  Yes \_\_\_\_\_ No
5. Is the course eligible for Honor Roll calculation?  Yes \_\_\_\_\_ No
6. What is the academic weight of the course?  
\_\_\_\_\_ No weight/Non credit       Standard weight      \_\_\_\_\_ Enhanced weight