

Montclair High School

Course Syllabus

Department: Health and Physical Education

Course: Health 9

Level: Grade 9

Credits: 1.25

Course Description:

Health 9 focuses on increasing each student's knowledge about the physical, social, emotional and intellectual aspects of health and wellness. Students will identify and practice critical thinking, decision-making, problem-solving and communication skills to enhance their ability to take responsibility for their own health. They will gain the ability to identify and resist destructive behaviors and develop strategies for health promotion. Students will learn how their decisions and the consequences of their decisions affect their health. They will evaluate decisions and predict outcomes as well as identify those decisions most likely to have a favorable impact on personal, family and community health. Students will evaluate health information and learn to access resources to promote their character development, self-advocacy skills and personal wellness.

Standards:

NJCCCS 2.1, 2.2, 2.3, 2.4

Anchor Text(s):

Text Title	Publisher/Author	Year/Edition	ISBN	Text Distribution
Glencoe Health	McGraw Hill/ Mary Bronson Merki, Don Merki	2004/9 th Edition	0-07-826326-3	Hard copy

Supplementary Materials:

Fact sheets, articles, videos and internet activities which include the following resources:

- American Cancer Society
- [United States Department of Agriculture/Nutrition](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [FBI and DEA](#) addressing the opioid and prescription drug abuse epidemic
- [Campaign for Tobacco-Free Kids](#)
- [Centers for Disease Control](#)
- [Answer- Rutgers University](#)
- Center for Family Life Education
- [The National Campaign to Prevent Teen and Unplanned Pregnancy](#)
- [TeensHealth.org](#)
- [National Center for Missing and Exploited Children](#) (cell phone/internet safety)
- The National Association for Suicide Prevention
- Advocates for Youth

Units of Study:

- Physical Health and Wellness- Characteristics of a Healthy Adolescent/Adult, Teen Nutrition, Physical Activity and Sleep requirements. When Should I Seek Medical Care? Preventative Health Care Strategies
- Emotional/Mental Health- Self-Esteem, Body Image, Harassment, Intimidation, Bullying, Abuse, Conflict Resolution, Recognizing and Reducing Stress, Teen Depression and Suicide Prevention, Cutting, Resources for Help
- Relationships and Communication- Passive, Aggressive and Assertive Communication, Internet and Cell Phone Safety, Healthy vs. Unhealthy Relationships, Dating Abuse, Breaking-Up Safely and Respectfully, How To Deal with a Break-Up, Sexual Readiness and Refusal Skills
- Human Sexuality- Anatomy and Physiology of the Male and Female Reproductive Systems, Abstinence and How It Can Benefit Teens, Sexually Transmitted Infections including HIV/AIDS, Teen Pregnancy, LGBTQ Issues, Sexual Assault
- Tobacco, Alcohol and Other Drugs Including Steroids, Opioids and Prescription Drug Abuse- Physical, Emotional and Legal Consequences, Addiction, Alternatives to Choosing Drugs and Alcohol, Resources for Help

Proficiencies:

By the end of this course, students will:

1. Acquire health promotion concepts and skills to support a healthy, active lifestyle.
2. Develop and use personal and interpersonal skills to support a healthy, active lifestyle.
3. Acquire knowledge about alcohol, tobacco, other drugs and medicines and apply these concepts to support a healthy, active lifestyle.
4. Acquire knowledge about emotional and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

Evaluation & Assessment:

Tests	30%
Quizzes	15%
Homework	15%
Project	10%
Notebook	15%
Final Exam	15%