

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: April 8, 2019

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