

Spring Hill USD #230
Course Description and Local Objectives
Spring Hill Middle School
Health Curriculum
Revised 2004-05

Health
7th Grade

Course Description:

This is a semester course emphasizing concepts for healthy living. Major units will include Mental Health, Family and Social Health, Growth and Development, Nutrition, Exercise and Fitness, Basic First Aid, Disease Cause and Prevention, Blood Borne Pathogens, Drug Awareness, and Healthy Decision Making Skills.

Textbook:

Decisions for Health, 2004 Holt, Rinehart, Winston

Evaluation:

Students will be evaluated through written assignments, projects, quizzes, and unit tests.

Local Objectives:

After completing this course students will:

1. have knowledge of basic health concepts
2. be able to apply basic health concepts to real life situations
3. develop critical thinking skills
4. develop problem solving skills
5. be able to cooperate with a group effectively
6. be able to work individually when necessary