**Notre Dame High School Health**

Unit Plan 2022/2023 school year

**Course Description:** This Health course is a 0.5 credit and mandated for every student to graduate. The course of study follows the New York State Health Education Standards. The scope of the curriculum is a comprehensive health and wellness approach focusing on five key areas of health education.

**Course Objectives:**

1. Students will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

2. Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

3. Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

**Course Outline:**

Physical Fitness and Exercise (Quarter 1)

Nutrition (Quarter 2)

Social Health (Quarter 2)

Diseases and Disorders (Quarter 3)

Injury Prevention and Safety (Quarter 4)

Special Assignments/Projects:

* Physical Fitness Planning (Quarter 1)
* Nutrition Tracking (Quarter 2)
* Infectious Diseases Research Assignment (Quarter 3)
* Lifetime Wellness Paper (Quarter 4)

**Attendance & Class Work:** If you are absent, YOU are still responsible for the work missed on that day(s). Upon your return following an absence, please ask me what you missed and make sure to get copies of handouts and notes that you missed.

**Supply List:** Notebook, Pens (blue or black only) Pencils

**Grading:**

Classwork/Homework – 20%

Quizzes – 20%

Quarter project – 30%

Unit tests – 30%