

MACOPIN MIDDLE SCHOOL

SYLLABUS

I. COURSE TITLE:

Health 8

II. TEXTBOOK:

Responding to Emergencies. Mosby. American Red Cross, Yearbook, 1991.

Totally Awesome Health. Linda Meeks and Phillip Heit. Everyday Learning Corp., Chicago, IL, 1999.

III. COURSE DESCRIPTION:

The eighth grade course is designed to deal with health education in the form of basic first aid, rescue breathing, and CPR. The course will deal with factual information about the male and female sexual reproductive systems. Abstinence will be stressed as the absolute response to teenage sexuality. New issues dealing with STDs, HIV/AIDS, and about teenage smoking will be introduced to the eighth grade student. This course will provide students with effective refusal and decision-making skills necessary for everyday life.

IV. COURSE OBJECTIVES:

Upon successful completion of the requirements for this course, the students will be able to demonstrate a proficiency in the skills and areas below:

- A. Basic First Aid, Rescue Breathing, and CPR
- B. Human Sexuality, HIV/AIDS, and STDs
- C. Smoking and the Eighth Grade Student

V. COURSE CONTENT OUTLINE:

- A. Basic First Aid
  - 1. EMS system
  - 2. First aid
  - 3. Life threatening conditions
    - a. Shock
    - b. Bleeding
    - c. Choking
    - d. Respiratory distress/arrest
    - e. Heart attack
    - f. Cardiac arrest

- B. Human Sexuality
  - 1. Female reproductive system
  - 2. Male reproductive system
  - 3. STDs
  - 4. HIV/AIDS
  - 5. Adolescents at risk
- C. Smoking
  - 1. Survey
  - 2. Discussion of survey individual class results
  - 3. Discussion of survey cumulative results
  - 4. Year-to-year survey comparison
  - 5. Pressures and influences
  - 6. Immediate health risks
  - 7. Latent health risks

## VI. EVALUATION OF STUDENT LEARNING:

### A. Evaluation Activities

Students in Health Grade 8 can expect extensive written and class activities. There will frequent hands-on activities, lab activities, individual and cooperative group activities and reports. Students will demonstrate their knowledge of information learned through activities, discussions, and the evaluation of written class work, quizzes and tests.

### B. Grade Development

- 1. Written tests and quizzes - 50%
- 2. Reports - 20%
- 3. Homework and class work - 15%
- 4. Class Participation - 15%