

HLM103: Health Ed 7 AB

Course Title: Health Ed 7 AB

GRADE LEVEL: 7

CODE: HLM103

COURSE LENGTH: 18 weeks

Major Concepts/Content: This semester long course is designed to help seventh grade students conceptualize knowledge, attitudes, and skills related to health issues of adolescents and the precursors of adult health problems that have risk factors that may emerge during adolescence. Developmentally appropriate concepts of personal and community health (PCH), safety (SFTY), mental health (MH), alcohol, tobacco, and other drugs (ATOD), and family life and human sexuality (FLHS) are taught in this course. At this level nutrition and physical activity are taught primarily in home economics and respectively. Students will utilize health education concepts when applying health information literacy skills, enhancing intrapersonal and interpersonal communication skills, analyzing internal and external influences; and applying thinking, self-management, and advocacy skills to promote health and wellness and reduce health risks.

Major Instructional Activities: Instruction is based on the needs, interests, strengths, and culture of the students. Seventh grade students' knowledge, attitudes, and skills are developed along with a focus on the promotion of personal, family, and community health. The emphasis is on the application of health concepts through student self or group directed learning activities. Appropriate resources and technology are used for teaching and learning. Ultimately, parents are viewed as the primary health educators of our young people; along with community resources, they are encouraged to be partners in the school-based health education program.

Major Evaluative Techniques: Multiple authentic assessment strategies are used to enable students to develop their health-related knowledge, attitudes, and skills; e.g., performance, portfolio, or product assessment by the teacher, self, or peers.

Last Revised: March 16th, 2009 at 2:14 pm.