

Stetson Hills Elementary
Health Syllabus
Ms. Janaulis

"No other knowledge is more crucial, than knowledge about health. Without it no life goal can be successfully achieved." The Carnegie Foundation

OBJECTIVE: To promote wellness, health literacy, and positive health behavior in young adults.

EXPECTED OUTCOMES:

1. Students will be provided materials in order to make good decisions regarding their health and lifestyle.
2. Students will participate in various kinds of activities related to becoming healthy adults.
3. Students will learn to evaluate their health.
4. Student experiences will help determine future health related choices.

The Health program for 7th graders this year will cover the following areas:

- Nutrition/Weight Management/Physical Fitness
- Tobacco/Drug/Alcohol Education
- Stress Management/Self Esteem/Mental Health
- Goal Setting

Unit Descriptions:

Introduction to Health (1 week): Overview of Health

Mental Health (2 weeks)

Stress management, Stereotypes, Conflict resolution, Goal Setting, Decision-making, Friendship, and Self-concept.

Tobacco/Alcohol/Drugs (3 weeks)

Analyze the effects of alcohol, tobacco products, and other drugs negative effects on the body. How emotions, fatigue, and drugs cause accidents.

Nutrition/Weight management/Physical Fitness (3 weeks)

Students will understand the essential nutrients needed for the body to function at its best. Goal setting for healthy eating habits will be stressed. Fast food education will also be covered.



Stetson Hills Elementary
Health Syllabus
Ms. Janaulis

The previous pages have been a description of the general course information for this class. It is important that both the parent/guardian and the student have read and clearly understand all the topics discussed. Please feel free to contact me at any time with your concerns.

Class Period _____

Student's Name (Print)

Student's Signature _____ Date _____

Parent/Guardian's Name (Print)

Parent/Guardian's Signature

Bring this sheet back signed for your first points (10) of the nine weeks.
This paper is due on August 19th 2011.

