

Dominican International School-Kaohsiung

HEALTH 10

COURSE SYLLABUS

GRADE LEVEL: Grade 10
SCHOOL YEAR: 2023-2024

TEACHER: Junell Mark Bautista

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COURSE DESCRIPTION:

- This course should provide a better understanding of vices aside from sharing abstinence to the students.

COURSE OBJECTIVES:

- Describe the health benefits of abstaining or discontinuing the use of alcohol, tobacco, and other drugs.
- Clarify myths regarding the scope of alcohol, tobacco, and other drug use among adolescents.
- Explain the connection between drugs, alcohol and tobacco use and the risk of obtaining diseases.

ASSESSMENT:

- Attendance and Tardiness ----- 10%
- Attitude and Participation ----- 10%
- School Uniform ----- 10%

- Homework ----- 30%
- Exam ----- 40%

PRIMARY TEXTBOOK & OTHER RESOURCES

Essential Health

Comprehensive Health

Glencoe Health

1st QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<p>Week 1 Aug 15th to 19th</p>	<p>Class Orientation</p>
<p>Week 2 Aug 22nd to 26th</p>	<p>Health Effects of Tobacco</p>
<p>Week 3 Aug 29th to Sep 2nd</p>	<p>Why People Use Tobacco</p>
<p>Week 4 Sep 5th to 9th</p>	<p>Nicotine Addiction Treatment</p>

<p>Week 5 Sep 12th to 16th</p>	<p>Nicotine Addiction Prevention</p>
<p>Week 6 Sep 19th to 23rd</p>	<p>Review</p>
<p>Week 7 Sep 26th to 30th</p>	<p>Exams</p>

2nd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<p>Week 1 (10) Oct 10th to 14th</p>	<p>How Does Alcohol Impact Your Body?</p>
<p>Week 2 (11) Oct 17th to 21st</p>	<p>The Effects of Alcohol on Health</p>
<p>Week 3 (12) Oct 24th to 28th</p>	<p>Reasons People Use Alcohol</p>
<p>Week 4 (13) Oct 31st to Nov 4th</p>	<p>Reasons People Abuse Alcohol</p>

<p>Week 5 (14) Nov 7th to 11th</p>	<p>Alcohol Abuse Treatment</p>
<p>Week 6 (15) Nov 14th to 18th</p>	<p>Alcohol Abuse Prevention</p>
<p>Week 7 (16) Nov 21st to 25th</p>	<p>Abstaining from Alcohol</p>
<p>Week 8 (17) Nov 28th to Dec 2nd</p>	<p>Exam</p>
<p>Dec 20th to Jan 2nd</p>	<p>Christmas Break</p>

3rd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<p>Week 1 (20) Jan 5th to 6th</p>	<p>Medications</p>
<p>Week 2 (21) Jan 9th to 13th</p>	<p>Drugs Abuse and Addiction</p>

<p>Week 3 (22) Jan 16th to 20th</p>	<p>Abstaining from Drugs</p>
<p>Jan 23rd to 27th</p>	<p>Chinese New Year</p>
<p>Week 4 (23) Jan 30th to Feb 3rd</p>	<p>Infectious Diseases</p>
<p>Week 5 (24) Feb 6th to 10th</p>	<p>Transmission, Prevention and Treatment of Infectious Diseases (1)</p>
<p>Week 6 (25) Feb 13th to 17th</p>	<p>Transmission, Prevention and Treatment of Infectious Diseases (2)</p>
<p>Week 7 (26) Feb 20th to 24th</p>	<p>Review</p>
<p>Week 8 (27) Mar 6th to Mar 10th</p>	<p>Exam</p>

4th QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 (30) March 13th to 17th	Sexually Transmitted Infection
Week 2 (31) March 20th to 24th	Common STIs (1)
Week 3 (32) March 27th to 31st	Common STIs (2)
Apr 3rd to 14th	Easter Break
Week 4 (33) Apr 17th to 21st	HIV and AIDS
Week 5 (34) Apr 24th to May 5th	Review
Week 6 (35) May 8th to 12th	Exam

