

# Dominican International School-Kaohsiung

## **HEALTH 9**

### COURSE SYLLABUS

GRADE LEVEL: Grade 9

SCHOOL YEAR: 2023-2024

TEACHER: Junell Mark Bautista

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### *COURSE DESCRIPTION:*

- Introduce the holistic approach of health to students at a young age so that they can carry what they have learned until they grow old.
- Let the students have a better understanding that being healthy is not just being free from sickness or diseases.

### *COURSE OBJECTIVES:*

- Describe physical and social changes associated with being a young adult.
- Distinguish between facts and myths regarding nutrition practices, products, and physical performance.

### *ASSESSMENT:*

- Attendance and Tardiness ----- 15%
- Class Participation ----- 15%
- Homework/Seatwork ----- 30%
- Exam ----- 30%
- Department ----- 10%

## Essential Health

## Comprehensive Health

## Glencoe Health

### 1st QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 Aug 15 <sup>th</sup> to 19 <sup>th</sup>	Class Orientation
Week 2 Aug 22 <sup>nd</sup> to 26 <sup>th</sup>	Factors Affecting Health & Wellness
Week 3 Aug 29 <sup>th</sup> to Sep 2 <sup>nd</sup>	Behavioral Risk Factors
Week 4 Sep 5 <sup>th</sup> to 9 <sup>th</sup>	Genetic Risk Factors
Week 5 Sep 12 <sup>th</sup> to 16 <sup>th</sup>	Environmental & Socioeconomic Risk Factors

<p><b>Week 6</b>  <b>Sep 19<sup>th</sup> to 23<sup>rd</sup></b></p>	<p><b>Review</b></p>
<p><b>Week 7</b>  <b>Sep 26<sup>th</sup> to 30<sup>th</sup></b></p>	<p><b>Exams</b></p>

**2<sup>nd</sup> QUARTER – TENTATIVE COURSE CONTENT**

<b>Week / Date</b>	<b>Topic / Projects / Assessments</b>
<p><b>Week 1 (10)</b>  <b>Oct 10<sup>th</sup> to 14<sup>th</sup></b></p>	<p><b>What Nutrients Does Your Body Need?</b></p>
<p><b>Week 2 (11)</b>  <b>Oct 17<sup>th</sup> to 21<sup>st</sup></b></p>	<p><b>A Healthy Eating Plan</b></p>
<p><b>Week 3 (12)</b>  <b>Oct 24<sup>th</sup> to 28<sup>th</sup></b></p>	<p><b>Food Safety</b></p>
<p><b>Week 4 (13)</b>  <b>Oct 31<sup>st</sup> to Nov 4<sup>th</sup></b></p>	<p><b>A Healthy Weight</b></p>

<p><b>Week 5 (14)</b>  <b>Nov 7<sup>th</sup> to 11<sup>th</sup></b></p>	<p><b>Factors that Influence Weight</b></p>
<p><b>Week 6 (15)</b>  <b>Nov 14<sup>th</sup> to 18<sup>th</sup></b></p>	<p><b>Weight Problems Treatment and Prevention</b></p>
<p><b>Week 7 (16)</b>  <b>Nov 21<sup>st</sup> to 25<sup>th</sup></b></p>	<p><b>Factors that Influence Body Image</b></p>
<p><b>Week 8 (17)</b>  <b>Nov 28<sup>th</sup> to Dec 2<sup>nd</sup></b></p>	<p><b>Exams</b></p>
<p><b>Dec 20<sup>th</sup> to Jan 2<sup>nd</sup></b></p>	<p><b>Christmas Break</b></p>

**3rd QUARTER – TENTATIVE COURSE CONTENT**

<b>Week / Date</b>	<b>Topic / Projects / Assessments</b>
<p><b>Week 1 (20)</b>  <b>Jan 5<sup>th</sup> to 6<sup>th</sup></b></p>	<p><b>Components of Physical Fitness</b></p>
<p><b>Week 2 (21)</b>  <b>Jan 9<sup>th</sup> to 13<sup>th</sup></b></p>	<p><b>Benefits of Physical Fitness</b></p>
<p><b>Week 3 (22)</b>  <b>Jan 16<sup>th</sup> to 20<sup>th</sup></b></p>	<p><b>Making Your Own Workout Plan</b></p>

<b>Jan 23<sup>rd</sup> to 27<sup>th</sup></b>	<b>Chinese New Year</b>
<b>Week 4 (23)</b> <b>Jan 30<sup>th</sup> to Feb 3<sup>rd</sup></b>	<b>Getting Enough Sleep</b>
<b>Week 5 (24)</b> <b>Feb 6<sup>th</sup> to 10<sup>th</sup></b>	<b>Science of Sleep (1)</b>
<b>Week 6 (25)</b> <b>Feb 13<sup>th</sup> to 17<sup>th</sup></b>	<b>Science of Sleep (2)</b>
<b>Week 7 (26)</b> <b>Feb 20<sup>th</sup> to 24<sup>th</sup></b>	<b>Sleeping Problems</b>
<b>Week 8 (27)</b> <b>Mar 6<sup>th</sup> to Mar 10<sup>th</sup></b>	<b>Exam</b>

## **4th QUARTER – TENTATIVE COURSE CONTENT**

<b>Week / Date</b>	<b>Topic / Projects / Assessments</b>
<b>Week 1 (30)</b> <b>March 13th to 17th</b>	<b>Care for Skin, Hair and Nails (1)</b>
<b>Week 2 (31)</b> <b>March 20th to 24th</b>	<b>Introduction to Mouth, Eye and Ear Health</b>
<b>Week 3 (32)</b> <b>March 27th to 31st</b>	<b>Keeping Our Mouth, Eyes and Ears Healthy (1)</b>
<b>Apr 3rd to 14th</b>	<b>Easter Break</b>
<b>Week 4 (33)</b> <b>Apr 17<sup>th</sup> to 21<sup>st</sup></b>	<b>Keeping Our Mouth, Eyes and Ears Healthy (2)</b>
<b>Week 5 (34)</b> <b>Apr 24<sup>th</sup> to May 5<sup>th</sup></b>	<b>Review</b>

**Week 6 (35)**

**May 8<sup>th</sup> to 12<sup>th</sup>**

**Exam**