



COVINGTON LATIN SCHOOL

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FORM I HEALTH

Textbook: Glencoe Health

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Glencoe/McGraw-Hill

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Course Description:

This course is designed to give the students a basic understanding of how the body works, how the parts interact with other parts and how outside influences can cause problems. This will provide the students with the ability to actively make choices about their present and future health.

Course Goals:

1. to develop an understanding of the basic workings in the systems of the human body.
2. to develop outline note taking skills.
3. to examine how we interact and are affected by our environment.
4. to examine how our behavior and choices affect our long term health.

Course Objectives:

1. to understand the basic parts of these systems: nervous, digestive, skeletal, muscular, immune, respiratory, circulatory and reproductive.
2. to improve the students ability to order information through outline note taking.
3. to understand healthy and unhealthy behavior and choices including: lifestyle factors, risk behaviors, alcohol and tobacco use, suicide, eating disorders, lack of exercise, food choices and the spread of disease.
4. to describe how breathing occurs, blood flow direction, menstrual cycle, ossification process, oxygen debt, digestion process and blood clotting process.
5. to demonstrate an understanding of various mental problems, physical injuries and how to treat or get treatment.
6. to challenge students to use their values as related to classroom topics.

Course Sequence:

I. **First Semester**

II. **Overview of systems and terms**

III. **What is health and chronic diseases**

Nervous System and mental health
Mental health problems and therapy
Drug, Alcohol and Tobacco concerns
Nutrition (to be continued in third quarter)

Second Semester

Digestive System
Skeletal System
Muscular System
Respiratory System
Circulatory System
Infectious Diseases
Environment
Reproductive System

Evaluation:

Tests at the end of each unit, quizzes and/or homework with each unit, paper/project with unit 1 and unit 11. Semester exam over entire first semesters material and a Final exam over second semesters materials and general terms used throughout the year.