



COVINGTON LATIN SCHOOL

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PREP 8 HEALTH

Textbook: Glenco 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. Examine mental, social and physical progression from childhood to adulthood. Help students understand protection of the body including eyes, ears, teeth, diet, cardiovascular and emergency care. This will provide the students with a foundation for making appropriate choices to maintain their health.

Course Goals:

1. to develop a understanding of the basic workings of the human body.
2. to develop an understanding of outline note taking skills.
3. to examine how we grow and develop and the variations in development.
4. to examine how our care of the body and choices affect our long term health.

Course Objectives:

1. to understand the basic parts of these systems: digestive, 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: risk behaviors, alcohol and tobacco use, eating disorders, lack of exercise, food choices and sense organs.
4. to order the parts involved in how breathing occurs, blood flow direction, and digestion process.
5. to demonstrate an understanding of human growth and development, care of emergency situation and sense organs and .
6. to challenge students to use their values as related to classroom topics.

Course Sequence:

I. **First Semester**

II. **Overview of systems and organization**

Adolescence and Puberty

Eye, Ear, Teeth, Skin and their care

Drug, Alcohol and Tobacco concerns

Respiratory and Circulatory System

Second Semester

Safety and accidents

Digestive System and Nutrition

Reproductive System and parenting

Health Care and Careers

Evaluation:

Tests at the end of each unit, quizzes and/or homework with each unit.