

**Arundel High School**  
**Department of Health, Physical Education & Dance**  
**HEALTH EDUCATION**

Mrs. Kirk – F004      Email: drkirk@aacps.org      Phone: 410 - 672 - 4910

- A Day & B Day Planning Period: 1<sup>st</sup> Period
- Available during the PRIDE Period: Every Day EXCEPT Thursday
- Wildcat Wellness Club meets on Thursdays in F004

**Course Description**

The Comprehensive Health Education L7000 curriculum is designed for one semester; it is the one-half credit course that fulfills the graduation requirement for Health Education. Seven major units of study are covered during the semester. They are Wellness and Decision Making; Stress Management; Depression and Suicide Prevention; Nutrition; Safety; Tobacco, Alcohol, and Other Drugs; and Human Sexuality. Effective, comprehensive health education can help high school students achieve their full potential, assist them in coping with the demands of modern society, and prepare them for a healthy adulthood by cultivating health skills.

**Course Expectations**

Students will be actively engaged and challenged by utilizing the following strategies: class discussion, open-ended problem solving, hands on activities, project based learning, computer-assisted research, and cooperative learning. Students that do not meet proficiency will schedule a PRIDE period session to REDO the assignment.

**1<sup>st</sup> Quarter Units**

1. Personal Health & Wellness
2. Mental & Emotional Health
3. Tobacco, Alcohol, and Other Drugs

**2<sup>nd</sup> Quarter Units**

4. Personal Safety
5. Human Sexuality (Parent/Guardian letter will go home prior to this unit)
6. Disease Prevention
7. Nutrition & Fitness

**Evaluation Criteria**

- 65% - Assessments - Unit Projects
- 15% - Classwork & Participation
- 10% - Homework – EXIT Tickets
- 10% - Quarterly Assessment

**Materials**

- Pearson - *Health* Textbook (Used in the classroom)
- \$5.00 for CPR Certification (optional)
- Paper, Pen/Pencil
- Folder that will be provided and kept in the classroom