

## HEALTH DEPARTMENT

**Title:** *HEALTH*

**Grade Level:** 9, 10, 11, 12

**Credit:** One-half

**Length of Course:**

One semester

**Content:** Units in mental health, stress and coping skills, alcohol, drug and tobacco use and abuse, human reproduction, human growth and development, relationships, diet and nutrition, fitness, personal habits, consumer health, human ecology and health, prevention and control of diseases.

**Activities:** Lectures, class discussions, group work, guest speakers, D.A.R.E.

**Out of Class Time required:** Two to three hours per week

**Evaluation:** A composite of essay tests, papers, written assignments, and worksheets, along with class participation.

