

Syllabus for 8th Grade Health

Unit 1: Health Triangle

- Review the three sides: social, physical, mental
- Review the relationship between the three sides and why balance is important

Unit 2: Physical Fitness

- Topics include creating an individual fitness plan, safety in sports and exercise, steroid use, and sport injuries

Unit 3: Nutrition

- Topics include using myplate.gov, the digestive system, eating disorders and body image.

Unit 4: Relationships

- Topics include defining all the different types of relationships (professional, family, peer, romantic), comparing healthy and unhealthy relationships, and building positive relationships (anti-bullying).

Unit 5: Human Development*

**Letters are sent home prior to beginning this unit so that families can opt their student out of this unit with an alternative assignment in an alternative location.*

- Topics include female and male reproductive systems, changes during puberty, and discussion on the different stages of the life cycle (childhood, adolescence, adulthood)

Unit 6: Tobacco, Alcohol, and Drugs

- Topics include the risks associated with substances such as vapes, e-cigarettes, alcohol, and drugs including marijuana, how to stand up to peer pressure, and how to create positive messaging for students to avoid substance use.

Unit 7: Media Literacy

- Topics include how to identify the types of advertising strategies (bandwagon, promotion, association, etc.), the different types of media we are exposed to, and how to compare information in docudramas to researched information.

Unit 8: Body Systems

- Topics include the skeletal system, muscular system, cardiovascular system, nervous system, and respiratory system.

Unit 9: Diseases

- Topics include defining communicable and noncommunicable diseases, discussion of STI's (sexually transmitted infections), and disease prevention.

Unit 10: Environmental Health

- Topics include recycling and energy conservation.

Unit 11: Careers

- Topics include mock resumes and interviews, as well as career research.