

Health 8

Physical Education and Health

Grade(s) 8th, Duration 1 Year, 1 Credit
Required Course

Course Overview

Health is a class designed to work in conjunction with the Physical Education classes. Students will explore developmentally appropriate issues related to health.

Scope And Sequence

Timeframe	Unit	Instructional Topics
10 Day(s)	Body Systems	1. Specific systems
5 Day(s)	Reproductive System	1. Reproductive system
10 Day(s)	Communicable and Noncommunicable Diseases	1. Communicable diseases 2. Noncommunicable diseases
15 Day(s)	Alcohol, Tobacco, and Drugs	1. Alcohol 2. Tobacco 3. Drugs
10 Day(s)	Personal Safety	1. Safety 2. Response to health emergencies
5 Day(s)	Environmental Health	1. A healthy environment

Materials and Resources

Glencoe [Teen Health Course 3](#)
Guest speakers, including School Resource Officer
School nurse
Teacher-selected videos and YouTube posts

Course Details

Unit: Body Systems

Duration: 10 Day(s)

Unit Overview

Students will learn about the composition and functions of different systems in the human body. They will explore possible careers relating to the human body.

Materials and Resources

Glencoe [Teen Health 3](#) Chapter 16

Academic Vocabulary

Skeletal system, marrow, joint, cartilage, tendons, ligaments
Muscular system, skeletal muscles, smooth muscles, cardiac muscles
Circulatory system, cell respiration, arteries, veins, capillaries
Respiratory system, respiration, bronchi, alveoli, diaphragm, asthma, air quality index (AQI)
Nervous system, central nervous system, peripheral nervous system, neurons, somatic system, autonomic system, traumatic brain injury (TBI)
Digestive system, digestion, enzymes, saliva, small intestine, excretory system, excretion, colon, kidneys

Summative Assessment

Tests, projects

Topic: Specific systems

Duration: 10 Day(s)

Topic Overview

Students will explore specific body systems and will start to develop lifestyle habits which protect them.

Learning Targets

Skeletal system

Students will build vocabulary and will explain the functions of the skeletal system, identify four types of joints, list some problems of the skeletal system, and practice healthful behaviors.

Muscular system

Students will build vocabulary and will explain the functions of the muscular system, identify how muscle types differ, and practice healthful behaviors.

Circulatory system

Students will build vocabulary and will explain the process of blood circulation, identify the parts of the circulatory system, list some problems of the circulatory system, and practice healthful behaviors.

Respiratory system

Students will build vocabulary and will explain the parts and functions of the respiratory system, explain how the body uses air we breathe, list some problems of the respiratory system, and practice healthful behaviors including good posture.

Nervous system

Students will build vocabulary and will explain the functions of the nervous system, identify different parts of the nervous system, list some problems of the nervous system, and practice healthful behaviors.

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Digestive and excretory systems

Students will build vocabulary and will identify the parts and the functions of the digestive and excretory systems, explain the process of excretion, list some problems of the digestive and excretory systems, and practice healthful behaviors.

Unit: Reproductive System

Duration: 5 Day(s)

Unit Overview

Students will learn developmentally appropriate information about anatomy, and will develop skills in decision-making. Some portions of this unit are presented by the school nurse.

Parental consent will be obtained for students to participate in parts of this unit of study. Students will be instructed in gender-specific groups (boys, girls).

Materials and Resources

Glencoe [Teen Health 3](#) Chapter 16 Lesson 8

Guest presenter (school nurse)

Academic Vocabulary

Reproductive system, sperm, hernia, fertilization, ovulation, menstruation, menstrual cycle, abstinence

Summative Assessment

Test, project

Topic: Reproductive system

Duration: 5 Day(s)

Topic Overview

Students will learn about their own bodies and those of the opposite sex.

Learning Targets

Male and female reproductive systems

Students will build vocabulary and will explain the functions of the reproductive system, list some problems of the reproductive system, and practice healthful behaviors.

Unit: Communicable and Noncommunicable Diseases

Duration: 10 Day(s)

Unit Overview

Students will learn about common communicable diseases and steps that are taken to prevent their spread. They will learn about noncommunicable diseases as well.

Materials and Resources

Glencoe [Teen Health 3](#) Chapters 18-19

Academic Vocabulary

Disease, communicable disease, pathogens, infection, viruses, bacteria, fungi, protozoa, vector, hygiene

Immune system, immunity, inflammation, lymphatic system, lymphocytes, antigen, antibodies, vaccine

Contagious period, mononucleosis, hepatitis, tuberculosis, pneumonia, strep throat

Sexually transmitted diseases (STD's)

HIV (Human Immunodeficiency Virus), AIDS (Acquired immunodeficiency syndrome), opportunistic infection, carrier

Noncommunicable diseases, chronic diseases, degenerative disease, congenital disorder, heredity

Cancer, tumor, benign, malignant, risk factors, carcinogens, biopsy, radiation therapy

Arteriosclerosis, atherosclerosis, hypertension, stroke, heart attack, angioplasty, body mass index (BMI)

Diabetes, insulin, Type 1 diabetes, Type 2 diabetes, arthritis, osteoarthritis, rheumatoid arthritis

Allergy, allergens, pollen, histamines, hives, antihistamines, asthma, bronchodilators

Summative Assessment

Tests, projects

Topic: Communicable diseases

Duration: 5 Day(s)

Topic Overview

Students will study common communicable disease and ways to prevent them.

Learning Targets

Preventing the spread of disease

Students will build vocabulary and will name some causes of communicable diseases, explain how germs are spread, and describe how to protect themselves from pathogens. They will brainstorm several healthful practices to help stop the spread of pathogens.

The body's defenses against infection

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Students will build vocabulary and will name the body's first defense against pathogens, describe how the immune system functions, explain how antibodies protect the body, and practice behaviors that keep the immune system healthy.

Common communicable diseases

Students will build vocabulary and will name several common communicable diseases including colds, describe their symptoms, and practice behaviors that keep the immune system healthy.

Sexually transmitted diseases

Students will build vocabulary and will name the body's first defense against pathogens, identify common STDs and the problems they cause, explain how abstinence protects the body, and practice behaviors that keep them healthy.

HIV/AIDS

Students will build vocabulary and will explain how people contract HIV/AIDS, and practice behaviors that keep themselves healthy.

Topic: Noncommunicable diseases

Duration: 5 Day(s)

Topic Overview

Students will study common noncommunicable disease and ways to prevent and treat them.

Learning Targets

Causes of noncommunicable diseases

Students will build vocabulary and will identify various types of noncommunicable disease, explain some causes of noncommunicable disease, and describe some lifestyle behaviors that can prevent disease.

Cancer

Students will build vocabulary and will identify common types of cancer, explain some causes and treatments for cancer, and describe some lifestyle behaviors that can reduce the risk of cancer.

Heart and circulatory problems

Students will build vocabulary and will identify various types of heart disease, explain some causes of and treatments for heart disease, and describe some lifestyle behaviors that can reduce the risk of heart disease.

Diabetes and arthritis

Students will build vocabulary and will identify various types of diabetes and arthritis, explain how to manage these diseases, and describe some lifestyle behaviors that can prevent disease.

Allergies and asthma

Students will build vocabulary and will describe how to manage an allergic reaction or an asthma attack, explain some symptoms of allergies and asthma, and describe some lifestyle behaviors that can reduce incidence of these diseases.

Unit: Alcohol, Tobacco, and Drugs

Duration: 15 Day(s)

Unit Overview

Students will develop an understanding of the physical effects of alcohol, tobacco, and specific drugs. Implications for teenagers will be addressed by the teacher, counselor, and School Resource Officer.

Materials and Resources

Glencoe [Teen Health 3](#) Chapters 12-14
Guest speakers (varies from year to year)

Academic Vocabulary

Alcohol, depressants, alternatives
Reaction time, intoxication, blood alcohol content (BAC), alcohol poisoning, malnutrition
Fatty liver, cirrhosis, binge drinking, inhibition, fetal alcohol syndrome (FAS)
Addiction, alcoholism, tolerance, physical dependence, enablers, alcohol abuse
Intervention, relapse, recovery, withdrawal, detoxification

Nicotine, addictive, tar, bronchi, carbon monoxide, smokeless tobacco
Tolerance, physical dependence, psychological dependence, withdrawal, nicotine replacement therapies, relapse
Secondhand smoke, sidestream smoke, mainstream smoke, passive smoker
Negative peer pressure, point-of-sale promotions

Drug, prescription medicine, over-the-counter (OTC) medicines, drug misuse, side effect, tolerance, drug abuse
Marijuana, THC, amnesia, anabolic steroids
Narcotics, opium, euphoria, withdrawal symptoms, stimulants, amphetamine, binge, CNS depressants
Hallucinogens, inhalant
Detoxification, drug-free

Summative Assessment

Tests, projects

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Topic: Alcohol

Duration: 5 Day(s)

Topic Overview

Students will explore aspects of alcohol use and abuse, and will practice appropriate refusal skills.

Learning Targets

Alcohol is harmful

Students will build vocabulary and will state reasons for teens not to drink alcohol, explain reasons some teens do use alcohol, evaluate alternatives to alcohol use, and apply intervention skills in a simulation.

Short-term effects

Students will build vocabulary and will describe how alcohol travels through the body, explain the short-term effects of alcohol on the body, and identify factors that account for different physical reactions to alcohol.

Long-term effects

Students will build vocabulary and will identify body organs and systems negatively affected by long-term alcohol use, describe the possible consequences of long-term use, and explain the risks to the fetus of alcohol consumption during pregnancy.

Alcoholism and alcohol abuse

Students will build vocabulary and will identify symptoms of alcoholism and alcohol abuse, describe the stages of alcoholism, and explain how alcoholism affects the family and society.

Help for alcohol abuse

Students will build vocabulary and will explain the effects of withdrawal from alcohol, describe the steps in the process of recovery, and identify community resources to help alcoholics and alcohol abusers and their families. They will role-play intervention with a person who is a problem drinker.

Topic: Tobacco

Duration: 5 Day(s)

Topic Overview

Students will explore aspects of tobacco use and abuse, and will practice appropriate refusal skills.

Learning Targets

Facts about tobacco

Students will build vocabulary and will recognize various forms of tobacco, identify some of the harmful substances in all forms of tobacco, and describe tobacco's effects on personal appearance. They will develop critical-thinking and advocacy skills connected with underage use of tobacco.

Health risks of tobacco use

Students will build vocabulary and will describe how tobacco use affects human body systems. They will practice decision-making to protect themselves from tobacco smoke.

Tobacco addiction

Students will build vocabulary, explain how a person becomes addicted to tobacco, identify different types of dependence on tobacco, and describe the symptoms of withdrawal. They will develop refusal skills.

Costs to society

Students will build vocabulary and will identify costs to society, including non-smokers, of tobacco use.

Choosing to be tobacco-free

Students will build vocabulary, identify influences which lead teens to use tobacco, explain the impact of peer pressure, and describe the rights of non-smokers. They will develop goal-setting skills in relation to tobacco use.

Topic: Drugs

Duration: 5 Day(s)

Topic Overview

Students will explore aspects of drug use and abuse, and will practice appropriate refusal skills.

Learning Targets

Drug misuse and abuse

Students will build vocabulary and will explain the difference between misuse and abuse of drugs, identify risks of drug abuse, and develop strategies for making healthful choices about taking medicine.

Marijuana and other illegal drugs

Students will build vocabulary, describe the effects and risks of marijuana use, identify the most commonly used club drugs, explain the reasons that teens abuse anabolic steroids, list the physical effects of anabolic steroid use, and think critically about the problem of club drugs.

Narcotics, stimulants, and depressants

Students will build vocabulary, will name the most commonly abused narcotics, stimulants, and CNS depressants, and will describe their effects on health.

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Hallucinogens and inhalants

Students will build vocabulary and identify the risks inherent in using hallucinogens and inhalants.

Drug treatment options

Students will build vocabulary, and will identify symptoms of drug use and describe different treatment options for rehabilitation.

Choosing to be drug-free

Students will build vocabulary, explain the health benefits of staying drug-free, and demonstrate alternate behaviors.

Unit: Personal Safety

Duration: 10 Day(s)

Unit Overview

Students will explore appropriate responses to a variety of emergency situations

Materials and Resources

Glencoe [Teen Health 3](#) Chapter 20

Academic Vocabulary

Accident, accidental injuries, accident chain

Defensive driving

Tornado, hurricane, blizzard, earthquake

First aid, universal precautions

Sprain, fracture, heat cramps, heat exhaustion, heatstroke

Abdominal thrusts, cardiopulmonary resuscitation (CPR), shock

Summative Assessment

Test, projects

Topic: Safety

Duration: 5 Day(s)

Topic Overview

Students will consider topics including safety in the home, at school, on the road, outdoors, and in weather emergencies.

Learning Targets

Safety in the home and at school

Students will build vocabulary and will discuss common safety hazards, identify the parts of the accident chain, and develop safe personal habits.

Safety on the road and outdoors

Students will build vocabulary, and will identify key aspects of safety when operating any wheeled vehicle, when walking near roads, and during outdoor recreation.

Safety in weather emergencies

Students will build vocabulary, and will explain how to stay safe during hazardous weather conditions and natural disasters, with an emphasis on preparedness. Students will use critical thinking and decision-making skills in simulations of actual events. Students will participate in schoolwide drills.

Topic: Response to health emergencies

Duration: 5 Day(s)

Topic Overview

Students will discuss and role play responses to simulated health emergencies of different types.

Learning Targets

Basic first aid

Students will build vocabulary, and will learn about appropriate responses to minor but potentially serious injuries until professional help arrives.

Common emergencies

Students will build vocabulary and will describe different types of common emergencies, explain first-aid treatments for common emergencies, and identify circumstances when it is time to call for professional help.

Life-threatening emergencies

Students will build vocabulary, and will explain the different kinds of life-threatening emergencies, describe how to perform rescue breathing, identify the symptoms of shock, and explain how to help someone who is choking.

Unit: Environmental Health

Duration: 5 Day(s)

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Unit Overview

Students will learn that pollution can have negative health effects on all living things, and understand that they have the power to prevent and reduce pollution.

Materials and Resources

Glencoe [Teen Health 3](#) Chapter 21

Academic Vocabulary

Pollution, pesticides, acid rain, smog, ozone layer, greenhouse effect, global warming, landfills, hazardous wastes
Environmental Protection Agency (EPA), biodegradable, nonrenewable resources, conservation, precycling

Summative Assessment

Test and project

Topic: A healthy environment

Duration: 5 Day(s)

Topic Overview

Students will focus on aspects of environmental pollution and ways to prevent/reduce it in the future.

Learning Targets

Pollution and health

Students will build vocabulary, identify elements contributing to environmental pollution, develop strategies to reduce their personal contribution to pollution, and evaluate why hazardous wastes are a much greater problem now than in the past.

Preventing and reducing pollution

Students will build vocabulary, list ways to conserve energy and water, practice healthful behaviors when shopping, and advocate for a cleaner environment at school.