

Health 9—5 Credits

I. Course Description

This course is distinctive in its Christian perspective of health. The students will gain a deeper knowledge of the anatomy and physiology of the body that God has given each of them. Students will be encouraged to reach out to others and to live a happy, healthy life. Students will be encouraged to maintain a consistent walk with the Lord.

II. Instructional Materials

Health in Christian Perspective, published by A Beka 1999

III. Goals and Objectives

1. Define the elements of developing a healthy body
2. Identify Healthy nutritional choices
3. Describe beneficial exercise and fitness routines
4. Explain the elements of personal hygiene
5. Define the nervous system
6. Recognize mental health disorders
7. Define biblical discernment
8. Cite the basic elements of personal safety
9. Describe emergency preparedness and first-aid procedures
10. Identify ways to prevent diseases
11. Examine ways to avoid drug use
12. Describe ways of pursuing right relationships

IV. Course Outline:

1. Recognize ways to develop a healthy body
2. Identify methods of maintaining proper exercise
3. Examine ways to keep a sound mind
4. Analyze methods of practicing personal safety
5. Identify important elements of first aid
6. Examine ways to prevent diseases
7. Explain how to avoid drug abuse
8. Cite ways to maintain healthy social relationships

V. Teaching Methods

1. Daily lessons from text and activities
2. Daily video instruction
3. Parent/Student interaction/conversation

VI. Evaluation

1. Components:

A) Quizzes and Tests

B) Final Exam

2. Grading:

A. 90-100 A

B. 80-89) B

C. 70-79 C

D. 60-69 D