

Middle School Health

Carone Learning Category: Foundations

Subject: Health

Recommended Grade Level: 6-8

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

Middle School Health aids students in creating a foundation of personal health. Beginning with properly defining health, this course then builds upon basic health practices to emphasize the importance of balance. Attention is given to each of the six dimensions of wellness; namely, physical, intellectual, emotional, spiritual, social, and environmental. Students are taught the skills necessary to improve every aspect of health. They are also encouraged to reflect upon their own personal wellness each week.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Holistic Health**
 - 1.1 What is Health?
 - 1.2 Decision-Making Skills
- **Unit 2: Mental Health**
 - 2.1 Mental Health
 - 2.2 Coping Skills
 - 2.3 Stress & Time Management
- **Unit 3: Social Health**
 - 3.1 Healthy Relationships
 - 3.2 Communication
- **Unit 4: Personal Fitness**
 - 4.1 Physical Wellness
 - 4.2 Nutrition
 - 4.3 Weight Management
- **Unit 5: Personal Health**
 - 5.1 Disease Transmission & Prevention
 - 5.2 Drugs & Alcohol
 - 5.3 Reproductive Health
- **Unit 6: Health & Safety**
 - 6.1 Consumer & Environmental Wellness
 - 6.2 Safety & Personal Injury

Within each section students will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic

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3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection***—a journal reflection on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—a practice exercise to test your knowledge of vocabulary
8. **Quiz***—quiz covering information from the lessons

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Parent & Teacher Guides

Parent and teacher guides available.

Materials

There are no required materials for this course.

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.