

# COURSE OF STUDY GUIDE

## LOWER CAPE MAY REGIONAL SCHOOL DISTRICT

**TITLE OF COURSE:** 9<sup>th</sup> Grade Health

**DEPARTMENT:** Health/Physical Education      **DATE REVISED:** June 2013

**GRADE:** 9th

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### **I. COURSE ORGANIZATION**

Length: \_\_\_\_\_ 9 wks. \_\_\_\_\_ Credits: \_\_\_\_\_

Periods Per Week: 5 (including block period) \_\_\_\_\_ Weighted: \_\_\_\_\_

Prerequisite: \_\_\_\_\_

### **II. COURSE DESCRIPTION**

This is a comprehensive health course which addresses a diversity of topics, including Values and Decision-Making, Foundations of Relationships, Human Reproduction, and Responsible Personal Behavior. The primary focus of this course will be Family Life Education and Drug and Alcohol Awareness in order to meet the requirements mandated by the state of New Jersey.

Outside reading and parental involvement will be encouraged by various assignments throughout the nine weeks. The state of New Jersey mandated unit on family life will encompass: Interpersonal Relationships, Human Development, Sexuality, Reproduction, Responsible Personal Behavior, and Establishing and Strengthening Family Life.

### **III. COURSE MISSION**

This course is designed to help raise students' awareness of their decisions and how this can impact their physical/mental/social health. Students are taken through a comprehensive series of lessons/activities designed to meet their needs as well as meet the criteria/standards set by the State of New Jersey.

### **IV. DEPARTMENT MISSION**

Our department mission is to teach students four years of health education that will keep them healthy and safe in their future

### **VI. COURSE LEVEL ASSESSMENTS & BENCH MARKS**

- Real Care Baby Project  
Example: Students will achieve a passing score for taking the baby home for one evening.
- STD Group Project  
Example: Students will present their project orally to the class and through the use of a handout for their classmates. The group is also responsible for a written report on their STD of choice

- Homework Assignments throughout the quarter

## VII. POSSIBLE ASSESSMENT TASKS

*Written*

*Oral*

*Visual*

## VIII. CONTENT/SUGGESTED INSTRUCTIONAL TIME

### Content Pacing Guide & Standards

<b>Unit Title: Your Personal Health &amp; Wellness</b>		
Content Defining wellness, Health assessment and history Emotional health Diet	Standards 2.1.12F2 2.2.12B2345 2.1.12A2 2.1.12B1 2.1.12F245 2.1.12C1234 2.6.12A1234 2.6.12C6	Time Frame 2 class periods

<b>Unit Title: Social Health</b>		
Content Healthy/Unhealthy Relationships Dating Violence Bullying/Harassment	Standards 2.1.12E5 2.4.12A234567 2.12.E5 2.1.12F4 2.4.12A7	Time Frame 8 class periods

<b>Unit Title: Abstinence &amp; Reproductive Health</b>		
Content Sexuality STD's	Standards 2.4.12B13	Time Frame 6 class period

<b>Unit Title: Reproduction/Contraception</b>		
Content Male/Female Reproduction Menstruation Conception	Standards 2.4.12B6 2.4.12B34	Time Frame 9 class periods

<b>Unit Title: Pregnancy/Childbirth/Parenting</b>		
Content Baby Project Parenting Characteristics	Standards 2.4.12C1234567 2.4.12C10	Time Frame 5 class periods

<b>Unit Title: Substance Abuse</b>		
Content Smoking and Tobacco Alcohol Abuse Commonly Used Drugs	Standards 2.3.12B234567812 2.3.12C12345	Time Frame 4 class periods

**IX. MODIFICATIONS: INCLUSION TECHNIQUES/ENRICHMENTS**

Possible instructional techniques may include but may not be limited to the following:

A course of study will be modified to accommodate the specific needs of a special education student as outlined in his/her IEP.

**X. INTERDISCIPLINARY CONNECTIONS/MULTICULTURAL MATERIALS**

*Videos:                      Illustrations:                      Art:                      Music:                      Other Subjects*

**XI. MATERIALS/TECHNOLOGY**

Videos

- You: The Owner's Manual
- Dating Bill of Rights
- I Know He Loves Me
- Saving Our Schools From Hate & Violence
- Maternity Ward TV Episodes
- Various videos on Alcohol, Smoking and Drugs