

Elective Course Description

Course Name	Health Education 1 - Human Anatomy and Physiology
Course Number	TBD after Board approval
Length of Course	One Semester
Grade Level	7-8, 9-12
Credit Type	0.5 Elective Per Semester (for students in grades 9-12)
Grading Scale	A-F
Course Prerequisite	None, pairs with "Health Education 2" for a full-year course
Course Summary	The focus of the course is to deepen each student's understanding of how human body systems function individually and in concert.
Primary Materials	Textbook, First Aid Manual, various digital and printed media
Standards	Skills for a Healthy Life: A.1 Understand that a person's well-being... A.2 Understand how the human body is affected... A.3 Understand and identify the causes... A.6 Use knowledge and skills related to physical fitness... A.7 Understand the physical and behavioral characteristics of human sexual development... B.5 Evaluate what is viewed... C.5 Understand how attitude and behavior affect the well-being of self and others...
Assessment	Unit tests (30%), quizzes (30%), skill demonstrations (20%), projects (20%)

Activities

Week 1	Cardiovascular system and blood flow through the heart, common cardiovascular diseases (Chapter 12)
Week 2	Respiration system, lung anatomy and gas exchange (Chapter 12)
Week 3	Digestive system, digestion and enzymes, digestive health (Chapter 10)
Week 4	Excretory system, filtration of wastes, excretory system health (Chapter 10)
Week 5	Skeletal system, muscular system (Chapter 11)
Week 6	Nervous system (Chapter 11)
Week 7	Dental health, skin, hair and nails (Chapter 14)
Week 8	Eyes, ears and hearing (Chapter 14)
Week 9	Endocrine system (Chapter 18)
Week 10	Male reproductive system (Chapter 18)
Week 11	Female reproductive system (Chapter 18)
Week 12	Hereditary and genetic disorders (Chapter 18)
Week 13	Hormonal control of ovulation, pregnancy and birth (Chapter 18)
Week 14	Immune system (Chapter 21)
Week 15	Infectious diseases and vaccinations (Chapter 21)
Week 16	Sexually transmitted diseases and HIV (Chapter 22), Chronic diseases and disabilities (Chapter 22)