

Springfield Public Schools
6-8 HEALTH

COURSE DESCRIPTION

7th Grade

MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Health Program is:

- 1) The student will examine the effects of healthy choices upon disease prevention and control. (HPE3; 3.1, 3.2, 3.5, 3.6, 4.1)
 - Identify ways to avoid contracting diseases.
 - Identify ways the AIDS virus is transmitted.
 - Relate that abstinence from sexual activity and drug use is the best way to avoid.
 - Know AIDS is not transmitted by casual contact.
 - Explain the concept of eliminating communicable diseases.
 - Describe personal health practices that help prevent diseases.
 - Differentiate between communicable and non-communicable diseases.

- 2) Recognize the social, emotional and physical consequences of decisions made regarding sexual activity. (HPE1, 2, 5; 3.1, 3.4, 3.5, 3.6)
 - Relate negative consequences of sexual activity.
 - Understand body growth and development during puberty related to a healthy lifestyle.
 - Analyze attributes regarding sex related issues and create a plan for responsible behavior.
 - Relate that abstinence from sexual intercourse results in fewer negative consequences.

- 3) The student will understand how self-esteem, peer pressure and relationships affect mental, social, and physical well-being. (HPE2, 5; 3.1, 3.2, 3.3, 3.4, 3.6, 4.1, 4.2, 4.3)
 - Describe elements of positive self concept.
 - Apply steps for decision-making skills.
 - Recognize effects of pressure on behavior.
 - Develop coping skills for stressful situations.
 - Compare relationships between emotions and behaviors.
 - Practice conflict resolution skills.
 - Demonstrate ways to avoid and reduce threatening situations.
 - Apply communication skills to build and maintain healthy relationships.

- Identify how gang activity promotes negative behavior.
- 4) The student will examine the use of alcohol, tobacco and other drugs and its effects on the individual, family, community and society. (HPE5; 1.2, 1.5, 1.10, 2.1, 3.1, 3.2, 3.3, 4.1, 4.2)
- Recognize outside pressure which influence decisions about drugs.
 - Identify types of peer pressure to use drugs.
 - Demonstrate effective techniques for refusing drug offers.
 - Exhibit assertive techniques to resist peer pressure to use drugs.
 - Distinguish fact vs. fiction about drugs, their effects, use and misuse.
 - Examine the effects of steroid use.
 - Discuss consequences of drug use and non-use.
 - Clarify that drug users are in the minority.
 - Identify techniques the media uses to promote alcohol and tobacco.
 - Analyze alcohol and tobacco advertisements.
 - Develop and role-play skits promoting the non-use of drugs.
 - Identify positive and negative qualities of friendship.
 - Identify the affects of binge drinking and alcohol poisoning.
- 5) The student will identify nutritional needs of the adolescent and determine the effects of food choices on body composition and optimal health. (HPE2; 1.8, 3.1)
- Identify eating patterns that cause disorder and disease.
 - Identify and apply the nutritional pyramid guidelines.
 - Analyze patterns of eating to maintain food nutrition and weight control.
- 6) The student will understand the components of life-long personal health and apply strategies and skills needed to obtain personal health goals. (HPE2; 1.5, 3.1, 3.2, 3.3, 3.7, 4.7)
- List components of life-long personal health.
 - Describe physical, emotional and social changes that occur during adolescence.
 - Recognize high risk behavior situations.
 - Model resistance skills to maintain a healthy lifestyle.
 - Analyze the effects and benefits of physical fitness to personal health.
 - Discuss a personal health assessment to determine health strengths and risks.
 - Compare the influences of culture, media, technology and other factors on health.
 - Know the influence of heredity and family environment on human growth and development.

- 7) The student will have an understanding of safety guidelines to use with a choking victim. (HPE7; 3.2, 4.2, 4.7)
 - List steps in Heimlich maneuver.
 - Recognize the universal signal for choking.

- 8) The student will recognize that lifestyle decisions affect environmental and community health. (HPE5; 3.5, 3.7)
 - Examine environmental health problems and the effects on people.
 - Compare the relationship between the environment and personal health.