Peters Township High School  
Course Syllabus: PERSONAL WELLNESS

**Course Overview and Essential Skills**

Health Education in Peters Township is committed to developing in students a healthy lifestyle. It is based on the premise that all students must obtain a balance in all areas of health: Physical, Mental, Emotional, and Social. Students must acquire the knowledge and skills necessary to make wise and responsible decisions about positive health practices. It is our purpose to foster a desire in students to be healthy and to teach them a process to attain and maintain optimal well-being throughout their lives.

**Course Textbook and Required Materials**

* Bronson, Mary, Ph.D.. *Glencoe Health*. Columbus: McGraw Hill, 2011. 887. Print.
* Glencoe Health Teacher Classroom Resources

**Course Outline of Material Covered:**

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| Unit or Topic | Concepts/Skills/Resources | Timeframe |
| A Healthy Foundation | Total Health, Goals & Decisions | 1-2 weeks |
| Mental & Emotional Health | Mental & Emotional Health, Stress, Suicide  Film Study: “A Beautiful Mind” | 1-2 weeks |
| Nutrition & Physical Activity | Activity & Fitness, Nutrition, Managing Weight & Eating Disorders  Film Study: ”SuperSize Me”, “Fed Up” | 2-3 weeks |
| Drugs | Alcohol, Tobacco, Illegal Drugs/ Documentary: “Chasing the Dragon” | 2-3 weeks |
| Diseases & Disorders | Communicable/Non-Communicable Diseases, STI/AIDS  \*There is a 3 day lesson taught on Sexually Transmitted Diseases & HIV/AIDS. Practicing abstinence will be stressed. Prevention and contraception (condoms and birth control pills) will also be presented.  There will be an opt-out letter sent to parents at the start of each semester if they choose to exempt their child from these lessons. | 1-2 weeks |
| Safety & Environmental Health | Personal Safety, Injury Prevention, First Aid, CPR | 2-3 weeks |
| Growth & Development | Life Cycle  Documentary: ”From Conception to Birth” | 1 week |
| Relationships | Family, Peer, Dating, Conflicts & Violence  Optional Film Study: “Mean Girls” | 1-2 weeks |

\****Depending on the needs of the class or changes in the school year, the course outline is subject to change.***

**Classroom Procedures and Expectations**

All academic work in this course follows the Academic Integrity policy of the Peters Township School District.  Students are expected to maintain the Peters Township Honor Code:  As a student of Peters Township School District, I recognize the value of my own learning and pledge to maintain honesty and academic integrity in all that I do.  All work that I submit is my own.  Any student that is unsure of the expectations of an assignment should seek clarification from the teacher.