

CCS COURSE MAP

SUBJECT: Health

GRADE LEVEL 9th

COURSE LENGTH Semester Biweekly

REVIEWED 2018-2019

Student Goals:

I	To gain a deeper knowledge of the anatomy and physiology of the body.
II	To learn and understand that true health encompasses our physical, mental, emotional, spiritual, and social health.

Student Outcomes:

I	The students will be able to learn about the growth and development of their bodies, and how to maintain their personal health.
II	The students will be able to identify the 11 systems in the body.
III	The students will be able to practice personal safety.
IV	The students will be able to administer basic first aid.
V	The students will be able to understand the disease process and how to prevent disease.
VI	The students will be able to discover how to pursue right relationships.

UNIT/ WEEKS	STANDARD	OBJECTIVES	ACTIVITIES/ASSESSMENT	RESOURCES	BIBLICAL INTEGRATION
Developing a Healthy Body 2 Weeks	1.1, 1.2, 1.3	The students will be able to learn about the growth and development of their bodies, and how to maintain their personal health.	Quizzes, test, food diary, creating a class poster of food plate showing healthy choices and portions	Health in Christian Perspective Total Health Choices For A Winning Lifestyle Susan Boe	Genesis 1:26-27, Isaiah 43:7, Psalm 139:14-16, 1 Corinthians 6:19-20, Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31, Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17
Maintaining Personal Health	2.1, 6.1	The students will be able to learn about the growth and	Create a brochure on one of the body systems with a Rubric Quizzes, test, Physical Fitness	Health in Christian Perspective	Genesis 1:26-27, Isaiah 43:7, Psalm 139:14-16, 1 Corinthians 6:19-20,

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2 weeks		development of their bodies, and how to maintain their personal health.	Assessment	Total Health Choices For A Winning Lifestyle Susan Boe	Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31, Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17
Keeping a Sound Mind 2 weeks	4.6, 5.1, 5.2	Students will be able to understand the role of the nervous system, recognize mental disorders and learn good mental health practices.	Quizzes, test, Questions: Is suicide an acceptable choice from a biblical perspective? Explain how stress can have both a positive and negative effect on the body.	Health in Christian Perspective Total Health Choices For A Winning Lifestyle Susan Boe	Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31, Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17
Practicing Personal Safety 2 weeks	7.3, 7.2	The students will be able to practice personal safety	Quizzes, test, identify action for weather phenomenon, How do good riding/driving skills and good judgment work together?	Health in Christian Perspective Total Health Choices For A Winning Lifestyle Susan Boe	Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31, Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17
Administering First Aid 2 weeks	3.2, 7.1, 8.1, 8.2	The students will be able to administer basic first aid	Quizzes, test, list the initial treatment for musculoskeletal injuries (RICE), know the signs of internal bleeding	Health in Christian Perspective Total Health Choices For A Winning Lifestyle Susan Boe	Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31, Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17
Preventing Diseases	1.1, 2.2, 2.3, 3.3, 3.5, 5.3, 5.4	The students will be able to understand the disease process and	Quizzes, test, know the difference between infectious and noninfectious disease; know how benign and	Health in Christian Perspective	Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31,

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2 Weeks		how to prevent disease.	malignant tumors differ; know what diseases are usually a result of disobedience to God's Word in the area of sexual purity.	Total Health Choices For A Winning Lifestyle Susan Boe	Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17
Avoiding Drug Abuse 2 weeks	1.1, 1.3, 3.1, 4.2, 4.3	The students will be able to understand the disease process and how to prevent disease.	Quizzes, test, using the acronym DISCERN, determine if experimenting with drugs is biblical.	Health in Christian Perspective Total Health Choices For A Winning Lifestyle Susan Boe	Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31, Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17
Pursuing Right Relationships 2 weeks	4.1, 4.7, 4.8, 4.9, 8.3, 8.4	The students will be able to discover how to pursue right relationships.	Quizzes, test, friend checkup	Health in Christian Perspective Total Health Choices For A Winning Lifestyle Susan Boe	Romans 12:1-2, 2 Timothy 1:7, Proverbs 22:3, Proverbs 21:31, Colossians 3:17, Matthew 25:14-30, James 1:2-4, Ephesians 5:11, Proverbs 27:17

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