



RADNOR TOWNSHIP SCHOOL DISTRICT
Course Overview



10th Grade Health

General Information

Credits: 0.5	Length: Full Year
Weighted: No	Format: Cycle Day Rotation
Prerequisite: 9th Grade Health	Grade: 10

Course Description

The tenth grade health component is a continuation of the ninth grade health class. It complements the Mental Health unit and enriches Character Development while focusing on other topics. Topics include: Nutrition, Chemical Choices, Sexuality and CPR/First Aid and Safety. One outcome of this course is for each student to be CPR certified by the American Red Cross.

Course Objectives:

As an integral part of the total education program, Health Education is designed to promote growth, health, and development of each individual physically, mentally, and socially.

Students will:

- Develop an understanding of the role of knowledge and personal responsibility in fostering a commitment to personal health and well being.
- Develop responsible decision making skills
- Be aware that choices have consequences
- Learn to think before they act
- Develop self-responsibility
- Know where to research and find relevant health information

Common Assessments:

ACTIVITIES

Discussion
Cooperative Assignments
Field Trips (Authentic and Virtual)
Video Presentations

ASSIGNMENTS

Students will be assessed on class participation, homework, quizzes and projects. It is the responsibility of each student to complete and turn in assignments and projects on time. Points will be deducted each day that an assignment is late. All decisions have consequences and we will carry this theme throughout our assignments.

ASSESSMENTS

- Substance abuse written narrative projects following the viewing of video segments and final test.
- Journals: # 1- #160
- STD Pamphlet
- Nutrition menu
- Nutrient quiz/test: Quizzes are 5 questions. Tests are 50 questions.
- Sexuality quiz/test: Quizzes are 5 questions. Test Part 1 is 27 questions and Part 2 is 39 questions.
- First Aid CPR and AED: 10 and 15 question quizzes.
- Natural High Questionnaire worksheets

- Questionnaire worksheets (pertaining to specific health unit)

Major Units of Study:

Nutrition, Chemical Choices, Sexuality, CPR/First Aid and Safety

Materials & Texts

Required Texts and Resources:

Common Texts and Resources: TEXT : Glencoe Health, www.education-portal.com ,
www.naturalhigh.org , www.drugfreeworld.org

Supplemental Texts and Resources (use may vary):

Internet Websites
Apple I-Pad
Activity Handouts
Video Segments
Handout Worksheets