

# Dominican International School



## HEALTH 9

### COURSE SYLLABUS

GRADE LEVEL: Grade 9

SCHOOL YEAR: 2023-2024

TEACHER: Mr. Erwin Josh Discaya

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#### COURSE DESCRIPTION:

- Introduce the holistic approach of health to students at a young age so that they can carry what they have learned until they grow old.
- Let the students have a better understanding that being healthy is not just being free from sickness or diseases.

#### COURSE OBJECTIVES:

- Describe physical and social changes associated with being a young adult.
- Distinguish between facts and myths regarding nutrition practices, products, and physical performance.

#### ASSESSMENT:

- Attendance and Tardiness ----- 15%
- Class Participation ----- 15%
- Homework/Seatwork ----- 30%
- Exam ----- 30%
- Department ----- 10%

**PRIMARY TEXTBOOK & OTHER RESOURCES**

**Essential Health**

**Comprehensive Health**

**Glencoe Health**

**Academic Dishonesty** means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS. Academic dishonesty includes but is not limited to, the following:

1. Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
1. Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an AI.
2. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
3. Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

**Any act of academic dishonesty will result in an automatic zero on the entire assignment.**

## 1st QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<b>Week 1</b> <b>Aug 10<sup>th</sup> to 11<sup>th</sup></b> <b>Only 2 School Days</b> <i>10 ~ First Day / Orientation Day</i>	Class Orientation
<b>Week 2</b> <b>Aug 14<sup>th</sup> to 18<sup>th</sup></b>  <i>15 ~ Opening Mass</i>	Factors Affecting Health & Wellness
<b>Week 3</b>  <b>Aug 21<sup>st</sup> to 25<sup>th</sup></b>	Behavioral Risk Factors
<b>Week 4</b>  <b>Aug 28<sup>th</sup> to Sep 1<sup>st</sup></b>	Genetic Risk Factors
<b>Week 5</b> <b>Sep 4<sup>th</sup> to 8<sup>th</sup></b>  <i>8 ~ Holy Mass &amp; VIP Induction</i>	Environmental & Socioeconomic Risk Factors
<b>Week 6</b> <b>Sep 11<sup>th</sup> to 15<sup>th</sup></b>  <i>12-14 ~ Pre-Exam Days</i>	Review
<b>Week 7</b> <b>Sep 18<sup>th</sup> to 22<sup>nd</sup></b>	Exams

## 2<sup>nd</sup> QUARTER – TENTATIVE COURSE CONTENT

<b>Week / Date</b>	<b>Topic / Projects / Assessments</b>
<b>Week 1 (10)</b> <b>Oct 9<sup>th</sup> to 13<sup>th</sup></b> <b><u>3 Days of Class</u></b>  <i>9-10 – Double 10 Holiday</i>	What Nutrients Does Your Body Need?
<b>Week 2 (11)</b> <b>Oct 16<sup>th</sup> to 20<sup>th</sup></b>	A Healthy Eating Plan
<b>Week 3 (12)</b> <b>Oct 23<sup>rd</sup> to 27<sup>th</sup></b>	Food Safety
<b>Week 4 (13)</b> <b>Oct 30<sup>th</sup> to Nov 3<sup>rd</sup></b>  <i>1 - All Saint's Day Mass</i>	A Healthy Weight
<b>Week 5 (14)</b> <b>Nov 6<sup>th</sup> to 10<sup>th</sup></b>	Factors that Influence Weight
<b>Week 6 (15)</b> <b>Nov 13<sup>th</sup> to 17<sup>th</sup></b>	Weight Problems Treatment and Prevention

<b>Week 7 (16)</b> <b>Nov 20<sup>th</sup> to 24<sup>th</sup></b>	Factors that Influence Body Image
<b>Week 8 (17)</b> <b>Nov 27<sup>th</sup> to Dec 1<sup>st</sup></b>	Exams
<b>Dec 18<sup>th</sup> to Jan 1<sup>st</sup></b>	<b>Christmas Break</b>

## 3rd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<p><b>Week 1 (20)</b>  <b>Jan 3<sup>rd</sup> to 5<sup>th</sup></b>  <u><b>3 Days of Class</b></u>  <i>4 ~ New Year Mass</i></p>	<p>Components of Physical Fitness</p>
<p><b>Week 2 (21)</b>  <b>Jan 8<sup>th</sup> to 12<sup>th</sup></b></p>	<p>Benefits of Physical Fitness</p>
<p><b>Week 3 (22)</b>  <b>Jan 15<sup>th</sup> to 19<sup>th</sup></b></p>	<p>Making Your Own Workout Plan</p>
<p><b>Week 4 (23)</b>  <b>Jan 22<sup>nd</sup> to 26<sup>th</sup></b></p>	<p>Getting Enough Sleep</p>
<p><b>Week 5 (24)</b>  <b>Jan 29<sup>th</sup> to Feb 2<sup>nd</sup></b></p>	<p>Science of Sleep (1)</p>
<p><b>Week 6 (25)</b>  <b>Feb 5<sup>th</sup> to 9<sup>th</sup></b>  <u><b>3 Days of Class</b></u>  <i>8-9 ~ CNY</i></p>	<p>Science of Sleep (2)</p>
<p><b>Feb 8<sup>th</sup> to 16<sup>th</sup></b></p>	<p style="text-align: center;"><b>Chinese New Year</b></p>

<p><b>Week 7 (26)</b> <b>Feb 19<sup>th</sup> to 23<sup>rd</sup></b> <i>19 ~ Lenten Mass</i></p> <p><i>21-23 ~ Pre-Exam Days</i></p>	<p>Sleeping Problems</p>
<p><b>Week 8 (27)</b> <b>Feb 26<sup>th</sup> to March 1<sup>st</sup></b> <b><u>4 Days of Class</u></b></p> <p><i>28 ~ 228 Memorial Day Holiday</i></p>	<p>Exam</p>

## **4th QUARTER – TENTATIVE COURSE CONTENT**

<b>Week / Date</b>	<b>Topic / Projects / Assessments</b>
<b>Week 1 (29)</b> <b>March 11<sup>th</sup> to 15<sup>th</sup></b> <b><u>4 Days of Class</u></b> <i>11 ~ Q3 Exams</i>  <i>12 ~ Q4 Begins</i>	Care for Skin, Hair and Nails (1)
<b>Week 2 (30)</b> <b>March 18<sup>th</sup> to 22<sup>nd</sup></b>  <i>18-21 ~ Fire Drill</i>	Introduction to Mouth, Eye and Ear Health
<b>March 25<sup>th</sup> to Apr 5<sup>th</sup></b>	<b>Easter Break</b>
<b>Week 3 (31)</b> <b>Apr 8<sup>th</sup> to 12<sup>th</sup></b>  <i>10 ~ Easter Mass</i>	Keeping Our Mouth, Eyes and Ears Healthy (1)
<b>Week 4 (33)</b> <b>Apr 15<sup>th</sup> to 19<sup>th</sup></b>	Keeping Our Mouth, Eyes and Ears Healthy (2)



<p><b>Week 5 (34)</b> <b>Apr 22<sup>th</sup> to 26<sup>th</sup></b></p> <p><i>22-26 ~ AP Mock Exams</i></p>	<p>Review</p>
<p><b>Week 6 (35)</b> <b>Apr 29<sup>th</sup> to May 3<sup>rd</sup></b></p> <p><i>1-2 ~ Pre-Exam</i> <i>1-10 ~ Final Exams (K, 5, 8, 12 only)</i></p> <p><i>4/29 – 5/10 ~ AP Exams</i></p>	<p>Exam</p>