



SUBJECT: Health

GRADE LEVEL: Grade 11 TEACHER: Mr. Erwin Josh Discaya

SCHOOL YEAR: 2022-23 EMAIL: ediscaya@dishs.tp.edu.tw

COURSE DESCRIPTION:

- Provide knowledge to the students as to how knowing themselves better can give them a better perspective about their future.
- Explain how bad habits that accumulate over time can affect their body in a negative way.

COURSE OBJECTIVES:

- Describe the short and long-term effects of noncommunicable diseases.
- Describe mental and emotional changes associated with being a young adult.
- Discuss the characteristics of healthy relationships, dating, committed relationships, and marriage.
- Explain how conception occurs, the stages of pregnancy, and the responsibilities of parenting.

PRIMARY TEXTBOOK & OTHER RESOURCES:

- Essential Health
- Comprehensive Health
- NASM Sports Performance Training

ASSESSMENT:

- Attitude and Participation ----- 10%
- Attendance and Tardiness ----- 15%
- School Uniform ------ 15%
- Homework ----- 30%
- Exam ------ 30%

<u>1st</u> QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)		
Week / Date	Topic / Projects / Assessments	
Week 1 Aug 10 th to 12 th <u>3 Days of Class</u> 10~ First Day / Orientation Day	Class Orientation	
Week 2 Aug 15 th to 19 th Opening Mass	What Is Stress?	
Week 3 Aug 22 nd to 26 th	Stress and Physical Health	
Week 4 Aug 29 th to Sep 2 nd	Stress and Your Emotional & Intellectual Health	
Week 5 Sep 5 th to 9 th <u>4 Days of Class</u> 8~ Mass &Birthday Mother Mary 9 th – Moon Festival	Stress Management	
Week 6 Sep 12 th to 16 th FYI – Pre-Exam Days	Review	
Week 7 Sep 19 th to 23 rd	Exams	
Week 8 Sep 26 th to 30 th <u>2 Days of Class</u> 28-30 ~Teacher's Conference		
Week 9 Oct 3 rd to 7 th <u>3 Days of Class</u> 6-7~Q1 Exams		

2nd QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)		
Week / Date	Topic / Projects / Assessments	
Week 1 (10) Oct 10 th to 14 th <u>4 Days of Class</u> 10 – Double 10 Holiday	Establishing Your Identity	
Week 2 (11) Oct 17 th to 21 st	Understanding Self-Esteem	
Week 3 (12) Oct 24 th to 28 th 25-27 – Book Fair 28- Masquerade Night TBA-Holy Rosary Mass	Improving Your Mental and Emotional Health	
Week 4 (13) Oct 31 st to Nov 4 th <i>I-All Saint's Day Mass</i>	Understanding Conflict	
Week 5 (14) Nov 7 th to 11 th	Understanding Violent Behavior	
Week 6 (15) Nov 14 th to 18 th	Family Violence	
Week 7 (16) Nov 21 st to 25 th 25 - YSC Contest 25-Gr.12 Q2 Exam	Unwanted Sexual Activity	
Week 8 (17) Nov 28 th to Dec 2 nd FYI – Pre-Exam Days 28-Gr.12 Q2 Exam	Review	
Week 9 (18) Dec 5 th to 9 th 8 - Foundation Day Celebrations	Exam	
Week 10 (19) Dec 12 th to 16 th <u>3 Days of Class</u> 15-16~Q2 Exams		
Dec 19 th to Jan 2 nd	Christmas Break	

<u>3rd QUARTER – TENTATIVE COURSE CONTENT</u>

(NB: Deper	(NB: Depending on time and interest, the teacher may delete and/or add other selections.)		
Week / Date	Topic / Projects / Assessments		
Week 1 (20) Jan 5 to 6 th <u>2 Days of Class</u>	Noncommunicable Diseases		
Week 2 (21) Jan 9 th to 13 th	Blood Vessels and Heart Diseases		
Week 3 (22) Jan 16 th to 20 th	Diabetes		
Jan 23 rd to 27 th	Chinese New Year		
Week 4 (23) Jan 30 th to Feb 3 rd	Allergies		
Week 5 (24) Feb 6 th to 10 th	Asthma		
Week 6 (25) Feb 13 th to 17 th	Arthritis (1)		
Week 7 (26) Feb 20 th to 24 th 20-24 ~IOWA 22 ~ Ash Wednesday Mass 21-23 ~ Pre-Exam Days	Arthritis (2)		
Week 8 (27) Feb 27 th to March3 rd <u>3 Days of Class</u> 27-28 ~ 228 Memorial Day Holiday	Exam		
Week 9 (28) March 6 th to 10 th <u>4 Days of Class</u> <u>11 - Q3 Exams</u>			

<u>4th QUARTER – TENTATIVE COURSE CONTENT</u>

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)		
Week / Date	Topic / Projects / Assessments	
Week 1 (29) March 13 th to 17 th <u>4 Days of Class</u> <u>13 - Q3 Exams</u> <u>14 - Q4 Begins</u>	Introduction to Cancer	
Week 2 (30) March 20th to 24 th 20 ~ Fire Drill	Different Stages of Cancer (1)	
Week 3 (31) March 27 th to 31 st	Different Stages of Cancer (2)	
Apr 3 rd to 14 th	Easter Break	
Week 4 (33) Apr 17 th to 21 st	Western Medicine for Cancer	
Week 5 (34) Apr 24 th to 28 th 24-28 ~ AP Mock Exams	Traditional Chinese Medicine for Cancer	
Week 6 (35) May 1 st to 5 th 2-4~ Pre-Exam 1-5~ Final Exams (K, 5, 8, 12 only) 1-5 ~ AP Exams	Review	
Week 7 (36) May 8 th to 12 th 8-12~ Final Exams(K, 5, 8, 12 only) 1-5 ~ AP Exams	Exam	
Week 8 (37) May 15 th to 19 th <u>3 Days of Class</u> 18-19- Q4 Exams		
Week 9 (38) May 22 nd to 26 th <u>4 Days of Class</u> 22~ Record Day 23-26 ~ Student Clearance		
Week 10 (39) May 29 th to June 2 nd <u>4 Days of Class</u> 1 ~ Students Last Day 2~ Teachers/Staff Meeting		