



SUBJECT: Health

GRADE LEVEL: Grade 9

SCHOOL YEAR: 2022-23

TEACHER: Mr. Erwin Josh Discaya

EMAIL: ediscaya@dishs.tp.edu.tw

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.

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%**

1st 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 10th to 12th <u>3 Days of Class</u> <i>10~ First Day / Orientation Day</i>	Class Orientation
Week 2 Aug 15th to 19th <i>Opening Mass</i>	Factors Affecting Health & Wellness
Week 3 Aug 22nd to 26th	Behavioral Risk Factors
Week 4 Aug 29th to Sep 2nd	Genetic Risk Factors
Week 5 Sep 5th to 9th <u>4 Days of Class</u> <i>8~ Mass & Birthday Mother Mary</i> <i>9th – Moon Festival</i>	Environmental & Socioeconomic Risk Factors
Week 6 Sep 12th to 16th FYI – Pre-Exam Days	Review
Week 7 Sep 19th to 23rd	Exams
Week 8 Sep 26th to 30th <u>2 Days of Class</u> <i>28-30 ~Teacher's Conference</i>	
Week 9 Oct 3rd to 7th <u>3 Days of Class</u> <i>6-7 ~Q1 Exams</i>	

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 10th to 14th 4 Days of Class <i>10 – Double 10 Holiday</i>	What Nutrients Does Your Body Need?
Week 2 (11) Oct 17th to 21st	A Healthy Eating Plan
Week 3 (12) Oct 24th to 28th <i>25-27 – Book Fair</i> <i>28- Masquerade Night</i> <i>TBA-Holy Rosary Mass</i>	Food Safety
Week 4 (13) Oct 31st to Nov 4th <i>1-All Saint's Day Mass</i>	A Healthy Weight
Week 5 (14) Nov 7th to 11th	Factors that Influence Weight
Week 6 (15) Nov 14th to 18th	Weight Problems Treatment and Prevention
Week 7 (16) Nov 21st to 25th <i>25 - YSC Contest</i> <i>25-Gr.12 Q2 Exam</i>	Factors that Influence Body Image
Week 8 (17) Nov 28th to Dec 2nd FYI – Pre-Exam Days <i>28-Gr.12 Q2 Exam</i>	Exams
Week 9 (18) Dec 5th to 9th <i>8 - Foundation Day Celebrations</i>	
Week 10 (19) Dec 12th to 16th 3 Days of Class <i>15-16 ~Q2 Exams</i>	
Dec 19th to Jan 2nd	Christmas Break

3rd 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 (20) Jan 5 to 6th <u>2 Days of Class</u>	Components of Physical Fitness
Week 2 (21) Jan 9th to 13th	Benefits of Physical Fitness
Week 3 (22) Jan 16th to 20th	Making Your Own Workout Plan
Jan 23rd to 27th	Chinese New Year
Week 4 (23) Jan 30th to Feb 3rd	Getting Enough Sleep
Week 5 (24) Feb 6th to 10th	Science of Sleep
Week 6 (25) Feb 13th to 17th	Sleeping Problems
Week 7 (26) Feb 20th to 24th <i>20-24 ~IOWA</i> <i>22 ~ Ash Wednesday Mass</i> <i>21-23 ~ Pre-Exam Days</i>	Exams
Week 8 (27) Feb 27th to March 3rd <u>3 Days of Class</u> <i>27-28 ~ 228 Memorial Day Holiday</i>	
Week 9 (28) March 6th to 10th <u>4 Days of Class</u> <i>11 – Q3 Exams</i>	

4th 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 (29) March 13th to 17th <u>4 Days of Class</u> <i>13 – Q3 Exams</i> <i>14~ Q4 Begins</i>	Care for Skin, Hair and Nails (1)
Week 2 (30) March 20th to 24th <i>20 ~ Fire Drill</i>	Introduction to Mouth, Eye and Ear Health
Week 3 (31) March 27th to 31st	Keeping Our Mouth, Eyes and Ears Healthy (1)
Apr 3rd to 14th	Easter Break
Week 4 (33) Apr 17th to 21st	Keeping Our Mouth, Eyes and Ears Healthy (2)
Week 5 (34) Apr 24th to 28th <i>24-28 ~ AP Mock Exams</i>	Review
Week 6 (35) May 1st to 5th <i>2-4~ Pre-Exam</i> <i>1-5~ Final Exams (K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i>	Exam
Week 7 (36) May 8th to 12th <i>8-12~ Final Exams(K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i>	
Week 8 (37) May 15th to 19th <u>3 Days of Class</u> <i>18-19~ Q4 Exams</i>	
Week 9 (38) May 22nd to 26th <u>4 Days of Class</u> <i>22~ Record Day</i> <i>23-26 ~ Student Clearance</i>	
Week 10 (39) May 29th to June 2nd <u>4 Days of Class</u> <i>1 ~ Students Last Day</i> <i>2~ Teachers/Staff Meeting</i>	