

Gr. 10 Health



Dominican International School

Course Syllabus

School Year 2026–27



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COURSE DESCRIPTION

The grade 10 Health course connects to the previous year's health courses and continues to build the necessary skills and knowledge to ensure a young person's wellbeing. This year's topics include puberty and sexual health (gender identity, contraception and protection from diseases, consent and sexual violence, pregnancy and birth). The focus is on building healthy habits and preventing risks in the areas covered.

COURSE OBJECTIVES

The course is designed around the current National Health Education Standards devised by [The National Consensus for School Health Education](#) and the Healthy Behavior Outcomes devised by the [CDC](#).

The standards covered are mainly:

Standard 1: Students comprehend functional health **knowledge** to enhance health.

Standard 2: Students analyze the **influence** of family, peers, culture, social media, technology, and other determinants on health behaviors.

Standard 3: Students demonstrate **health literacy** by accessing valid and reliable health information, products, and services to enhance health.

Standard 4: Students demonstrate effective interpersonal **communication skills** to enhance health.

Standard 5: Students demonstrate effective **decision-making skills** to enhance health.

Standard 8: Students **advocate** for behaviors that support personal, family, peer, school, and community health.

In the following Content Areas:

3. Mental and Emotional Health: Addresses expressing feelings, managing stress, and seeking help for troublesome thoughts.

4. Personal Health and Wellness: Includes hygiene habits, sleep, sun protection, and preventing chronic or infectious diseases.

7. Sexual Health: Covers developmental changes, healthy relationships, and preventing STIs or unintended pregnancy.

9. Violence Prevention: Addresses nonviolent conflict resolution and the prevention of bullying or abuse.

COURSE RESOURCES

- Online material provided by the teacher (practices, videos, simulations, lecture slides, articles, instructional websites ...)

Accessible by the teachers are the following textbooks:

- Tunks L. *An invitation to health*. 21st ed. Boston (MA): Cengage Learning; 2024. 640 p.
- Falcone K. *Introduction to health* (OER) [Internet]. 2nd ed. Publisher place unknown: Pressbooks; 2023 [cited 2026 Aug 10]. Available from: <https://pressbooks.pub/introtohealth/>

GRADING SYSTEM/ASSESSMENT

Students' understanding and mastery levels are assessed through the course with low stakes quizzes and practices, and evaluated with quizzes and end of unit tests, in addition to the quarter exams. Assignments and classwork are usually graded for completion and timeliness.

According to the schoolwide policy, grading follows this system:

Category	No. Per Quarter	Weight
Tests and Quizzes	5	30%
Homework/seatwork/projects	10	30%
Quarter Exam	1	30%
Department	-	10%

ACADEMIC DISHONESTY

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:

- Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's work;
- Representing another's intellectual work, such as photographs, paintings, drawings, sculpture, research, or the like, as one's own, including failure to attribute content to an AI.
- Employing a tutor, using Artificial Intelligence without acknowledgment, getting a parent to write a paper or do an assignment, and paying for an essay to be written by someone else and presented as the student's work.
- 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/learning task.

WEEKLY SCHEDULE

First Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
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Week 1 Aug 10 - 14	Monday Class Preparation ~ Student Holiday Tuesday Morning Assembly Friday Opening Mass & Assumption of Our Lady 8:00 Course Introduction
Week 2 Aug 17 - 21	1. Puberty Puberty and Adolescence Self-reflection: what changed?
Week 3 Aug 24 - 28	2. Gender and Sexual Diversity Sex vs Gender vs Sexual Orientation
Week 4 Aug 31 - Sep 4	Developmental Theories
Week 5 Sep 7 - 11	Activity: True or Misconception?
Week 6 Sep 14 - 18	Practice: A Random Character Review
Week 7 Sep 21 - 25	T-W-Th Pre-Exam Days Friday Moon Festival ~ Public Holiday Q1 exam
Week 8 Sep 28 - Oct 2	Monday Confucius' Birthday ~ Public Holiday Thursday Major Exams Day 1 Friday Major Exams Day 2
Week 9 Oct 5 - 9	Monday Record Day ~ Student Holiday T-W-Th Teachers Conference ~ Student Holiday Friday Double 10 Day ~ Public Holiday

Second Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (10) Oct 12 - 16	3. Safe Sex Practices Sexual Health and Intercourse
Week 2 (11) Oct 19 - 23	Contraception and Protection
Week 3 (12) Oct 26 - 30	Monday Retrocession Day ~ Public Holiday Practice: What's the Risk?
Week 4 (13) Nov 2 - 6	4. Consent Consent, Legal Age, Informed Decision
Week 5 (14) Nov 9 - 13	Sexual Violence
Week 6 (15) Nov 16 - 20	Practice: Is Consent given?
Week 7 (16) Nov 23 - 27	T-W-Th Pre-Exam Days Friday Grade 12 Exams Review
Week 8 (17) Nov 30 - Dec 4	Monday Grade 12 Exams Q2 exam
Week 9 (18) Dec 7 - Dec 11	Monday TBD Tuesday Foundation Day Mass 9:00, Cutting of the Cake Ceremony, Christmas Fair, (Whole day) Wednesday TBD Thursday Major Final Exams half day Friday Major Final Exams half day
Dec 14 to Jan 1 Christmas Break	

Third Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (19) Jan 4 - Jan 8	Monday Record Day - Student Holiday Friday New Year Mass at 8:00 5. Sexually Transmitted Infections • Physiology of Infectious Diseases
Week 2 (20) Jan 11 - Jan 15	• STIs Risk Factors
Week 3 (21) Jan 18 - Jan 22	• STIs Prevention and Treatment
Week 4 (22) Jan 25 - Jan 29	• Common Sexually Transmitted Infections (STIs)
Week 5 (23) Feb 1 - Feb 5	Thursday Little New Year's Eve - Public Holiday - no class - Friday Lunar New Year - Public Holiday
<i>February 8 to 12 Chinese New Year Holiday</i>	
Week 6 (24) Feb 15 - Feb 19	Project: TBD
Week 7 (25) Feb 22 - Feb 26	22-26 IOWA Assessments 6. Conception and Birth • The Biological Process
Week 8 (26) Mar 1 - Mar 5	Monday Memorial Day - Public Holiday T-W-Th Pre-Exam Days • Special requirements and Hazards during Pregnancy
Week 9 (27) Mar 8 - Mar 12	Review and activities (TBD)
Week 10 (28) Mar 15 - Mar 19	Q3 exam
Week 11 (29) Mar 22 - Mar 26	Tuesday Major Final Exams half day Wednesday Major Final Exams half day Thurs - Fri Easter Break (Spring Break) - Public Holiday
<i>March 25 to April 2 Easter & Spring Break</i>	

Fourth Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (30) Apr 5 - Apr 9	Monday Tomb Sweeping Day - Public Holiday Tuesday Children's Day - Public Holiday 6. Conception and Birth (continued) Planned vs Unplanned Pregnancy
Week 2 (31) Apr 12 - Apr 16	Requesting Help
Week 3 (32) Apr 19 - Apr 23	19 - 23 AP Mock Exams Final project work
Week 4 (33) Apr 26 - Apr 30	T-W-Th Pre-Exam Days Friday Labor Day - Public Holiday Final project work
Week 5 (34) May 3 - May 7	3 - 7 Final Exams (K, Gr. 5, 8, & 12 Only) 3 - 14 AP Exams Q4 exam
Week 6 (35) May 10 - May 14	3 - 14 AP Exams Wednesday Major Final Exams Undergraduates half day Thursday Major Final Exams Undergraduates half day Friday Record Day - Student Holiday
Week 7 (36) May 17 - May 21	Monday Gr. 12 Recollection (Morning) Monday Baccalaureate Mass (Afternoon, Schoolwide) Wednesday House Sports Day Thursday High School Field Trip Friday House Culminating Activity All Week Student Clearance Days & Special Events
Week 8 (37) May 24 - May 28	Monday Middle & High School Sports Day Monday LS Field Trip Tuesday Kindergarten Graduation/Gr. 5 Promotion Wednesday Gr. 8 Graduation and Gr. 12 Graduation Thursday Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11 Recognition Friday Last Day of School for Students