



COURSE SYLLABUS

School Year	2026 - 2027
Subject	Health
Grade Level	12
Teacher	Ms. Yvonne Lee
Email	ylee@dishs.tp.edu.tw

COURSE DESCRIPTION:

This course provides high school students with a foundational understanding of behavioral health, risk prevention, and lifelong. Over four quarters, students investigate the biological, psychological, and social impacts of substance use, alcohol dynamics, tobacco and nicotine products, and the physiological and emotional aspects of lifespan development and end-of-life care. Through critical analysis, real-world case studies, and discussion, students develop decision-making skills to navigate personal health choices and support community well-being.

COURSE OBJECTIVES: By the end of the semester/school year, (SWAT) Students will be able to:

- 15.1 Explain how substance abuse and other self-destructive behaviors can affect health.
- 15.2 Discuss the ill effects of problem gambling and gambling disorder.
- 15.3 Outline the key indicators and effects of substance abuse on college campuses.
- 15.4 Summarize the effects that drugs have on the brain, body, and behavior.
- 15.5 Discuss the impact of the opioid crisis.
- 15.6 Identify the benefits and the adverse effects of caffeine.
- 15.7 Describe the harmful effects of inappropriate use of over-the-counter drugs and prescription drugs.
- 15.8 Classify the characteristics and harmful effects of common drugs of abuse.
- 15.9 Explain how substance dependence and abuse can be treated.
- 16.1 Outline the patterns of alcohol consumption among different populations.
- 16.2 Discuss the patterns, reasons, and perils of drinking on campus.
- 16.3 Outline the best practices for road safety.
- 16.4 Describe the characteristics of alcohol and its effects on human health.
- 16.5 Explain how alcohol is associated with serious health risks and disorders.
- 16.6 Review racial-ethnic and sex differences in alcohol-related risks.
- 16.7 Examine the health consequences of alcohol-related disorders.
- 16.8 Discuss the various treatments for alcohol disorders.



- 17.1 Compare the patterns of tobacco consumption among the populations.
 - 17.2 Outline the patterns of tobacco consumption among different groups of students.
 - 17.3 Discuss racial, ethnic and sex differences in tobacco consumption.
 - 17.4 Identify immediate effects of tobacco consumption on body and brain functions.
 - 17.5 Evaluate the serious health risks and dangers associated with cigarette smoking.
 - 17.6 Give examples of popular tobacco products and their health risks.
 - 17.7 Review the health risks posed by e-cigarettes and vaping.
 - 17.8 Compare the different ways of stopping nicotine use and show advantages and disadvantages of each.
 - 17.9 Analyze the harmful effects of secondhand and environmental smoke on health.
-
- 20.1 Distinguish between life expectancy and health-adjusted life expectancy.
 - 20.2 Examine the factors that influence successful aging.
 - 20.3 Explain the physiological changes involved in aging.
 - 20.4 Assess different ways to prepare for medical crises and the end of life.
 - 20.5 Discuss the emotional and psychological responses to dying.
 - 20.6 Describe the process of dying.
 - 20.7 Analyze the reasons why people die by suicide.
 - 20.8 Summarize the effects of grief at the death of a loved one.

PRIMARY TEXTBOOKS AND OTHER RESOURCES:

Tunka, L. (2025). *An invitation to health* (21st ed.). Cengage Learning.

GRADING SYSTEM/ASSESSMENT:

- Quiz/ Class Participation ----- 30%
- Homework/Seatwork ----- 30%
- Exam ----- 30%
- Department ----- 10%

ADDITIONAL INFORMATION:

Please always check Google Classroom for homework and announcements.



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.



First Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (Aug 11-14) <u>4 days of class</u> 11 Morning Assembly 14 Opening Mass & Assumption of Our Lady 8:00	14 Opening Mass (No Class)
Week 2 (Aug 17-21)	Self-Destructive Behaviors & Gambling Disorder
Week 3 (Aug 24-28)	Campus Substance Trends & The Opioid Crisis
Week 4 (Aug 31-Sep 4)	Brain Chemistry, Common Drugs, & PBL Launch
Week 5 (Sep 7-11) 7 Holy Mass 8:00	OTC Drugs, Prescription Safety, Caffeine, & PBL Work Session 1
Week 6 (Sep 14-18)	Substance Dependence, Treatment Models, & PBL Work Session 2
Week 7 (Sep 21-25) 22-24 Pre-Exam Days 25 Moon Festival (Public Holiday)	Quarter 1 PBL Exhibition & Presentations
Week 8 (Sep 28-Oct 2) Sep 28 Confucius Day (Public Holiday) Oct 1-2 First Quarter Exam (half day)	Oct 2 First Quarter Exam (No Class)
Week 9 (Oct 5-9)	Teacher's Conference (Oct 6-8) 5 Record Day (Student Holiday) 6 Teachers Conference Mass (Student Holiday) 9 Double 10 (Public Holiday)



Second Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (10) (Oct 12-16)	Alcohol Characteristics & Metabolic Processing
Week 2 (11) (Oct 19-23)	Campus Drinking Pattern & High-Risk Risks
Week 3 (12) (Oct 26-30) 25-26 Retrocession Day (Public Holiday)	Systemic Health Risks & Alcohol Use Disorders (AUD)
Week 4 (13) (Nov 2-6) 2 All Soul's Day Mass 8:00	Demographic Disparities in Alcohol Risks & PBL Launch
Week 5 (14) (Nov 9-13)	Road Safety, Impairment Science, & PBL Work Session 1
Week 6 (15) (Nov 16-20)	Treatment Modalities for AUD & PBL Finalization
Week 7 (16) (Nov 23-27) 24-26 Pre-Exam Days 27 G12 Second Quarter Exam	Quarter 2 PBL Showcase
Week 8 (17) (Nov 30-Dec 4) 30 G12 Second Quarter Exam	Reflection
Week 9 (18) (Dec 7-11) 8 Foundation Day Mass 9:00, Cake Ceremony, Christmas Fair (Whole day) 10-11 Second Quarter Exam (half day)	Dec. 11 Second Quarter Exam (No Class)
Dec 14 to Jan 1 Christmas Break	



Third Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (19) (Jan 4-8) 4 Record Day (Student Holiday) 8 New Year Mass 8:00	Jan. 8 New Year Mass (No Class)
Week 2 (20) (Jan 11-15)	Tobacco Consumption & Student Demographic Patterns
Week 3 (21) (Jan 18-22)	Immediate Physiological Effects & Tobacco Products
Week 4 (22) (Jan 25-29) 28 Feast Day of St. Thomas Aquinas	Health Risks of Smoking, Environmental Exposure, & PBL Launch
Week 5 (23) (Feb 1-5) 4-5 Little New Year's Eve (Public Holiday)	E-Cigarettes, Vaping, & PBL Work Session 1
<i>Feb 5-12 Chinese New Year Holiday</i>	
Week 6 (24) (Feb 15-19)	Nicotine Cessation Strategies & PBL Finalization
Week 7 (25) (Feb 22-26) 22-26 IOWA Assessments	Quarter 3 PBL Expo & Presentations
Week 8 (26) (Mar 1-5) 1 Memorial Day (Public Holiday) 2-4 Pre-Exam Days	Life Expectancy & Factors in Successful Aging
Week 9 (27) (Mar 8-12)	Physiological Changes of Aging
Week 10 (28) (Mar 15-19)	Reflection
Week 11 (29) (Mar 22-26) 23-24 Third Quarter Exam (half day) 25-26 Easter Break (Spring Break)	Mar. 26 Easter Break (No Class)
<i>Mar 25-Apr 2 Easter & Spring Break</i>	



Fourth Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (30) (Apr 5-9) 5 Tomb Sweeping Day (Public Holiday) 6 Children's Day (Public Holiday)	Preparing for Medical Crises, End-of-Life, & PBL Launch
Week 2 (31) (Apr 12-16)	Dying Process, Psychological Responses, & PBL Work Session 1
Week 3 (32) (Apr 19-23) 19-23 AP Mock Exams	Suicide Prevention, Grief Support, & PBL Finalization
Week 4 (33) (Apr 26-30) 27-29 Pre-Exam Days 30 Labor Day (Public Holiday)	Apr. 30 Labor Day (No Class)
Week 5 (34) (May 3-7) 3-7 Final Exams (K, G5, 8, & 12) 3-14 AP Exams	Quarter 4 PBL Final Presentation & Reflection
Week 6 (35) (May 10-14) 3-14 AP Exams 12-13 Fourth Quarter Exam- Undergraduate (half day) 14 Record Day (Student Holiday)	May 14 Record Day (No Class)
Week 7 (36) (May 17-21) 17 G12 Recollection (Morning) 17 Baccalaureate Mass (Afternoon, Schoolwide) 19 House Sports Day 20 High School Field Trip 21 House Culminating Activity 17-21 Student Clearance Days & Special Events	Clearance and Graduation Preparation



Dominican International School
台北市私立道明外僑學校
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.
10464 臺北市中山區大直街 76 號



Week 8 (37) (May 24-28) 24 Middle & High School Sports Day 24 LS Field Trip 25 Kindergarten Graduation/G5 Promotion 26 G8 Graduation and G12 Graduation 27 Pre-Kindergarten & G1-4, 6 & 7, 9-11 Recognition 28 Last day of School for Students 31 Last day for Teachers/Staff Meeting	Clearance and Graduation Preparation
--	--------------------------------------

"Kindling the Light of Faith, Hope, and Love: The Legacy of St. Dominic de Guzmán"