

Gr. 9 Health



Dominican International School

Course Syllabus

School Year 2026–27



Dario Panzeri

dpanzeri@dishs.tp.edu.tw

COURSE DESCRIPTION

The grade 9 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 nutrition, diets, body image, physical fitness, sleep, environmental health and cancers. 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 6](#): Students demonstrate effective **goal-setting skills** to enhance health.

[Standard 7](#): Students demonstrate observable **health and safety practices**.

In the following Content Areas:

2. Food and Nutrition: Covers healthy eating patterns, nutrient density, and limiting substances like added sugars.

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.

5. Physical Activity: Focuses on daily moderate to vigorous activity and avoiding injuries during exercise.

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 quarter exams. Quarter exams can be project based, carried out in group or individually, or in a combination of the two. Assignments and classwork are usually graded for completion and timeliness.

According to the schoolwide policy, grading follows this system for minor subjects:

Category	No. Per Quarter	Weight
Tests and Quizzes	2	30%
Homework/seatwork/projects	5	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
Week 1 Aug 10 - 14	Monday Class Preparation ~ Student Holiday Tuesday Morning Assembly Friday Opening Mass & Assumption of Our Lady 8:00 Course Introduction Introduction To Health and Wellness
Week 2 Aug 17 - 21	1. Nutrition Nutrients and Calories
Week 3 Aug 24 - 28	Find Nutritional Requirements and Recommendations
Week 4 Aug 31 - Sep 4	Food Labels and Food Safety
Week 5 Sep 7 - 11	Which Nutrients In Which Food
Week 6 Sep 14 - 18	Activity: Develop A Realistic and Balanced Meal Plan Based On Individual Needs.
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 - no class - 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	2. Physical Fitness Physical Fitness, Physical Activity and Wellbeing
Week 2 (11) Oct 19 - 23	The Four Components of Physical Fitness
Week 3 (12) Oct 26 - 30	Monday Retrocession Day ~ Public Holiday Exercises For Improving Physical Fitness
Week 4 (13) Nov 2 - 6	Activity: Creating A Fitness Plan
Week 5 (14) Nov 9 - 13	3.Sleep Sleep and Wellbeing
Week 6 (15) Nov 16 - 20	Sleep Cycles and Sleep Hygiene
Week 7 (16) Nov 23 - 27	T-W-Th Pre-Exam Days Friday Grade 12 Exams Activity: Sleep Diary and Self-Reflection
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 4. Diet & Body Image Health Risks Of Being Over/Underweight
Week 2 (20) Jan 11 - Jan 15	BMI and Healthy Range of Body Fat
Week 3 (21) Jan 18 - Jan 22	Body Image Disorders
Week 4 (22) Jan 25 - Jan 29	Effective VS Ineffective Diets
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	Activity: Is It Scam, A Fad, Or Legit?
Week 7 (25) Feb 22 - Feb 26	22-26 IOWA Assessments 5. Environmental Health Environmental Health Risks
Week 8 (26) Mar 1 - Mar 5	Monday Memorial Day ~ Public Holiday T-W-Th Pre-Exam Days Activity: Management Strategies and Long-Term Solutions
Week 9 (27) Mar 8 - Mar 12	Review, work on projects
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 - no class -
<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. Cancer • Biology and Stages
Week 2 (31) Apr 12 - Apr 16	• Causes and Risk Factors
Week 3 (32) Apr 19 - Apr 23	19 - 23 AP Mock Exams • Prevention and Treatment
Week 4 (33) Apr 26 - Apr 30	T-W-Th Pre-Exam Days Friday Labor Day ~ Public Holiday Review, work on projects
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