

Dominican International School



HEALTH 11

COURSE SYLLABUS

GRADE LEVEL: Grade 11

SCHOOL YEAR: 2023-2024

TEACHER: Mr. Erwin Josh Discaya

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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.

ASSESSMENT:

- Attendance and Tardiness ----- 15%
- Class Participation ----- 15%
- Homework/Seatwork ----- 30%
- Exam ----- 30%
- Department ----- 10%

PRIMARY TEXTBOOK & OTHER RESOURCES

Essential Health

Comprehensive Health

Glencoe Health

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:

1. Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
1. Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an AI.
2. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
3. 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.

1st QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 Aug 10th to 11th <u>Only 2 School Days</u> <i>10 ~ First Day / Orientation Day</i>	Class Orientation
Week 2 Aug 14th to 18th <i>15 ~ Opening Mass</i>	What Is Stress?
Week 3 Aug 21st to 25th	Stress and Physical Health
Week 4 Aug 28th to Sep 1st	Stress and Your Emotional & Intellectual Health
Week 5 Sep 4th to 8th <i>8 ~ Holy Mass & VIP Induction</i>	Stress Management
Week 6 Sep 11th to 15th <i>12-14 ~ Pre-Exam Days</i>	Review
Week 7 Sep 18th to 22nd	Exams

2nd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 (10) Oct 9th to 13th 3 Days of Class <i>9-10 – Double 10 Holiday</i>	Establishing Your Identity
Week 2 (11) Oct 16th to 20th	Understanding Self-Esteem
Week 3 (12) Oct 23rd to 27th	Improving Your Mental and Emotional Health
Week 4 (13) Oct 30th to Nov 3rd <i>1 - All Saint's Day Mass</i>	Understanding Conflict
Week 5 (14) Nov 6th to 10th	Understanding Violent Behavior

Week 6 (15) Nov 13th to 17th	Family Violence
Week 7 (16) Nov 20th to 24th	Unwanted Sexual Activity
Week 8 (17) Nov 27th to Dec 1st	Exam
Dec 18th to Jan 1st	Christmas Break

3rd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 (20) Jan 3rd to 5th <u>3 Days of Class</u> <i>4 ~ New Year Mass</i>	Noncommunicable Diseases
Week 2 (21) Jan 8th to 12th	Blood Vessels and Heart Diseases
Week 3 (22) Jan 15th to 19th	Diabetes
Week 4 (23) Jan 22nd to 26th	Allergies
Week 5 (24) Jan 29th to Feb 2nd	Asthma

<p>Week 6 (25) Feb 5th to 9th <u>3 Days of Class</u></p> <p><i>8-9 ~ CNY</i></p>	Arthritis (1)
<p>Feb 8th to 16th</p>	Chinese New Year
<p>Week 7 (26) Feb 19th to 23rd <i>19 ~ Lenten Mass</i></p> <p><i>21-23 ~ Pre-Exam Days</i></p>	Arthritis (2)
<p>Week 8 (27) Feb 26th to March 1st <u>4 Days of Class</u></p> <p><i>28 ~ 228 Memorial Day Holiday</i></p>	Exam

4th QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<p>Week 1 (29) March 11th to 15th <u>4 Days of Class</u> <i>11 ~ Q3 Exams</i></p> <p><i>12 ~ Q4 Begins</i></p>	Introduction to Cancer
<p>Week 2 (30) March 18th to 22nd <i>18-21 ~ Fire Drill</i></p>	Different Stages of Cancer (1)
<p>March 25th to Apr 5th</p>	Easter Break
<p>Week 3 (31) Apr 8th to 12th <i>10 ~ Easter Mass</i></p>	Different Stages of Cancer (2)

<p>Week 4 (33) Apr 15th to 19th</p>	<p>Western Medicine for Cancer</p>
<p>Week 5 (34) Apr 22th to 26th <i>22-26 ~ AP Mock Exams</i></p>	<p>Traditional Chinese Medicine for Cancer</p>
<p>Week 6 (35) Apr 29th to May 3rd <i>1-2 ~ Pre-Exam</i> <i>1-10~ Final Exams (K, 5, 8, 12 only)</i> <i>4/29 – 5/10 ~ AP Exams</i></p>	<p>Exam</p>