

Course Outline

Dr. George Johnson Middle School

2008-2009 Grade 8 Health

Instructor: E. Kowalchuk

A. Main goal:

Students will develop awareness in terms of their own health and will establish strategies to self-monitor for a healthy lifestyle.

B. Topics

- Body systems, functions, diseases
- Nutrition
- Socio-emotional health
- Consumer/personal health
- Drug and alcohol abuse, chemical dependencies awareness

C. Evaluation

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|------------------------|-----|
| • Daily work, projects | 60% |
| • Tests and quizzes | 40% |

Note:

The Health mark will be included in the Physical Education Mark on the report card.