

HEALTH/BODY & MIND 1,2 (2761, 2762)
HEALTH: PILOT COURSE

Grade 9. Text: Pruitt, Allegrante, and Prothrow-Stith, *Health*, Prentice-Hall, 2007. **Note:** This course supplants a previously approved pilot course, Nutrition for Health and Medicine, and replaces ninth-grade physics at the pilot site. It is a required course for all grade 9 students.

This course will serve as a broad introduction to the human body, with a focus on health-related topics, and is designed to support CHAMPS' small-school theme. It is also designed to reinforce students' previous learning in science and help them develop the foundational skills necessary to succeed in follow-on biology, chemistry, and health career-pathway courses. To that end, the Investigation and Experimentation strand of state science standards is addressed throughout the course. The new state content standards for health education are also addressed as part of the course curriculum, with students learning to make healthy lifestyle choices (nutrition, exercise, general behavior) as they gain a deeper understanding of the effects those choices have on the human body and mind. Course content is reinforced through a tie-in with students' P.E. classes. Ideally, P.E. will be scheduled as A/B alternating class, so that its curriculum can immediately build on the current course topic.

Credit for this course counts toward the elective credits required for high school graduation.

Pilot site: Crawford CHAMPS.

