

Bedford High School
Physical Education Department
Jackie Supprise, Program Administrator
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Course Syllabus

Course: 9032 Health II (Grades 11 or 12)

Topics to be covered include human reproduction, contraception, sexually transmitted diseases, sexual risks and responsibility, teen pregnancy and parenting, marriage and family structures. Self-esteem, values clarification and decision making are stressed throughout the course.

Periods per cycle: 2

Credit:1.25

I. Learning Objectives:

By the completion of this course, the successful student will have learned:

- a. To recognize and accept personal responsibility for one's own wellness and appreciate the impact of individual choices on wellness in the family and community.
- b. To identify risks and or consequences related to sexual activity.
- c. To identify personal strengths and weaknesses, and to use this knowledge to choose a healthy lifestyle.
- d. To examine the economic, cultural, political, social, and personal values that influence decision-making.
- e. To develop active listening, communication, coping, and problem solving skills.
- f. To recognize and appreciate individual differences found in our society.

II. Learning Experiences:

In this course, students will:

- a. Listen to and present class presentations, take notes and actively participate in class discussions.
- b. Complete assigned homework.
- c. Work in-groups to solve problems, and create skits or projects.
- d. Complete all in-class and take-home assessments of learning.

III. Course Outline:

1. Introduction to the reproductive systems	5-6 weeks
2. The menstrual cycle and pregnancy	2-3 weeks
3. Decision making	2 weeks
3. Teen pregnancy and parenting	2 weeks
4. Sexually transmitted diseases	3 weeks
5. Healthy v. unhealthy relationships	2 week
6. Family structures	2 weeks

IV. Course Materials:

- In order to keep this course up to date a collection of materials, articles, and curriculum documents will be used.