

**DOBBS FERRY MIDDLE SCHOOL**  
Dobbs Ferry, New York 10522

**COURSE OUTLINE**

**SUBJECT: Health**

**GRADE: 7**

**COURSE DESCRIPTION**

This course is flexible in sequence and content and is designed to meet the varied needs of student relationships to their environment and community. The goals are to give accurate health knowledge, help develop positive attitudes, and maintain or initiate constructive behavior.

Students will take Health in 7<sup>th</sup> grade for one semester every other day.

**Topics for 7<sup>th</sup> Grade Health:**

Human Sexuality/Puberty

Male and Female Reproductive systems

Nutrition

Body types and Eating disorders

HIV, STIs/STDs, Contraceptives, and Abstinence overview

Guidance: Substance Abuse and Bullying

**Student Outcomes:**

*Students will be able to*

- List common stereotypes heard about males and females.
- What are sex roles (what is expected in our society of men/women).
- What are secondary sex characteristics.
- What are the male and female hormones and their roles.
- Identify male and female reproductive organs.
- Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty.
- Understand the menstrual cycle.
- Identify the difference between identical and fraternal twins.
- Understand how fertilization takes place.
- What HIV and AIDS stands for
- Transmission of HIV/AIDS
- Prevention of HIV/AIDS

- Identify the various methods of contraceptives.
- Identify the various STDs.
- identify and understand the major nutrients
- Explain how eating nutritionally balanced meals and snacks promotes health.
- Understand how behaviors such as food selection, exercise, and rest affect growth and development.

**Criteria for Assessment:**

- Tests and quizzes
- Class participation and behavior
- Student performance
- Class work
- Projects

*Outline developed by: Rebecca Wing*

*Date: Fall 2015*