

HEALTH IIIA
Course Outline: 3751

I. Textbook Assignment Options:

- A. *AGS Life Skills Health*, Part I (5.0 credits)
- Read: Chapters 1-10.
 - Complete: all “Lesson Review” exercises.
 - Complete: all “Chapter Review” exercises.
 - Complete: **two** of the following Extension Activities.
- B. *Teen Health Course 2*, Part I (5.0 credits)
- Read: Chapters 1-7
 - Complete: all “Lesson Review” exercises. (**Omit:** “Applying Health Skills”)
 - Complete: all “Chapter Assessment” exercises.
 - Complete: **two** of the following Extension Activities.

II. Extension Activities:

- A. **Health Self-Rating Chart-** Turn to page 7 in your textbook and complete the “*Health Self-Rating Chart*” on a separate sheet of paper. After you have tallied your scores, write a one-page summary of choices you can make to improve your *physical health, social health, and emotional health*. Use Writing Rubric SIII.
- B. **Healthy Menu-** Using the Internet, your textbook, or any resource of your choice, learn about the Food Guide Pyramid and how many servings are recommended from each food group on a daily basis. On a sheet of paper, design a 1-week menu that includes the Recommended Daily Allowances. Be sure to include 3 meals per day.
- C. **Power Point Presentation-** Using MS PowerPoint, design a slide-show that contains at least 5 slides. Your slides should illustrate an example of one of each of the following: *Carbohydrates, Fats, Proteins, Vitamins, and Minerals*.
- D. Teacher directed activity subject to administrative approval.

III. Evaluation:

- All coursework must be completed with at least 70% accuracy.
- Activities must meet teacher’s expectations.

HEALTH III B
Course Outline: 3752

I. Textbook Assignment

A. *AGS Life Skills Health*, Part II (5.0 credits)

- Read: Chapters 11-20.
- Complete: all “Lesson Review” exercises.
- Complete: all “Chapter Review” exercises.
- Complete: **two** of the following extension activities.

B. *Teen Health, Course 2*, Part II (5.0 credits)

- Read: Chapters 8-15.
- Complete: all of the “Lesson Review” exercises. (**Omit:** “Applying Health Skills”)
- Complete: all of the “Chapter Assessment” exercises.
- Complete: **two** of the following extension activities.

II. Extension Activities:

- A. **AIDS Research-** Using the Internet, research the AIDS virus. Write a one-page summary of your findings. Use Writing Rubric SIII.
- B. **Anti drug and alcohol campaign-** Using a piece of poster board, design an anti drug and alcohol campaign to be posted on a billboard. Use magazine pictures, newspaper clippings, and hand-drawn material to design your poster.
- C. **Air Pollution-** Using the Bakersfield Californian, record the daily Air Quality Index that is located in the Weather section of the newspaper. Be sure to record the score that is labeled “reported yesterday”. Record the daily results for 1 week. Using MS Excel create a graph that illustrates the AQI for the week.
- D. Teacher directed activity subject to administrative approval.

III. Evaluation

- All coursework must be completed with at least 70% accuracy.
- Activities must meet teacher’s expectations.

HEALTH IIA
Course Outline: 3701

I. Textbook Assignment Options:

Decisions for Health, Book I (1.0-5.0 credits: direct instruction or course contract required).

II. Extension Activities:

III. Evaluation:

- All coursework must be completed with at least 70% accuracy.
- Activities must meet teacher's expectations.

HEALTH IIB
Course Outline: 3702

I. Textbook Assignment Options:

Decisions for Health, Book II (1.0-5.0 credits: direct instruction or course contract required).

II. Extension Activities:

III. Evaluation:

- All coursework must be completed with at least 70% accuracy.
- Activities must meet teacher's expectations.