COURSE SYLLABUS

HPE G100
GIRL’S HIGH SCHOOL HEALTH

I. COURSE DESCRIPTION

Girl’s High School Health (HPE G100) is a uniquely designed one semester health course that will teach girls to view their health from a Biblical perspective. It will assist them in developing a wholeness approach in dealing with their health. Spiritual, mental, physical health and wellness are covered, along with community and preventative health. Girls will realize a healthy lifestyle beginning from the inside out will have earthly and eternal benefits. The curriculum introduces students to Biblical truth regarding health, as well as practical teachings and applications. They will be taught preventative health and how to obtain, maintain, and improve proper health, well-being, and safety.

II. RATIONALE

This course examines a Biblical worldview of health and allows for practical application to become whole and live an abundant, healthy life. It incorporates spiritual truths to gain insight on how best to heal, maintain, and grow in the area of health. After learning how to take care of one’s personal life, reaching out to share and care for the health of those around us will be desirable and attainable.

III. PREREQUISITES

None.

IV. MATERIALS LIST

Microsoft Office or compatible software

V. MEASURABLE LEARNING OUTCOMES

The student will be able to:
• Identify a Biblical worldview and how it relates to health.
• Conclude that wholeness in Christ can produce a healthy perspective and lifestyle.
• Choose wise people in whom to confide and to be held accountable.
• Develop daily disciplines to enhance spiritual health.
• Identify strongholds or areas of weakness and ways to overcome them.
• Differentiate between abusive and healthy communication.
• Choose healthy communication and put it into practice.
• Assess and apply practical ways to deal with suffering, death, and grief.
• Tell of healthy ways to manage stress.
• Examine how to get physically fit and implement a fitness program.
• Develop a deeper understanding of body systems in order to take better care of the body and improve overall health.
• Assess nutritional information and make wholesome lifestyle changes for quality performance.
• Construct creative ways to serve or give back to their families, neighbors, community, and world.
• Develop preventative health mentality and plan for emergencies.

Course Sequence

Module 1: Spiritual Health
15 Lessons, 3 Quizzes, 1 Test
• Biblical Worldview
• Your Life In Christ
• Achieving & Maintaining Spiritual Health
• Your Heart

Module 2: Mental/Emotional Health & Wellness
15 Lessons, 3 Quizzes, 1 Test
• Sound Mind
• Relationships & Abuse
• Death & Dying
• Stress

Module 3: Physical Health & Wellness
15 Lessons, 4 Quizzes, 1 Test
• Physical Fitness
• Body Systems I
• Body Systems II
• Nutrition

Module 4: Community Wellness
Records of service for family, neighbors, community, and world 1 Paper
• Taking Care of Our Own Backyard
• Neighborhood Project
• Going Global

Module 5: Preventative Health
4 Lessons, 1 Project, Final Exam
• Prevention is the Key

VI. COURSE GRADING AND POLICIES
A. Grading Weights
   Lesson Assignments  25%
   Quizzes, Labs and Written Assignments  35%
   Tests  40%

B. Scale

   A  90 – 100
   B  80 – 89
   C  70 – 79
   D  60 – 69
   F  Below 60

VII. Other Policies

A. Academic Integrity
   See pages 27-31 of your Student Handbook

B. Repeating Assignments
   Students may repeat lesson twice. Quizzes and tests cannot be repeated to gain a higher grade. Quizzes and tests may be reset for technical issues, but a new set of questions will be generated.