

Course Syllabus
Middle School Health

Grace Academy, Hagerstown, MD

Taught by Justin J. Culbertson

44 minute class, 5 days a week

1 credit hour

Text Book – Purposeful Design – Total Health: Talking About Life's Changes – by Susan Boe

Brief Description: This is a middle school level class designed to encourage young teenagers to embrace a life of physical, spiritual, emotional, and social wellness. Emphasis is placed on positive behavioral and relational life choices. Students will be required to think critically about the challenges they face on a daily basis, and how every important decision (physical, spiritual, or relational) affects his/her life for years to come.

Goals: - Students will be able to complete the following tasks after taking this class:

- Identify the different parts of the body
- Explain the different relationship dynamics of authority, family, and friends
- Explain how good health practices and decisions glorify God
- Develop an outlined list of practices that promote physical, spiritual, and social wellness

Requirements:

1. Attendance and class participation, including key readings at home and in-class discussion
2. A basic journal/notebook that explains the student's positive characteristics and goals, focusing on wellness in all areas of life. Teacher-assigned pages will be discussed throughout the year. October - December
3. Oral presentation project – topic will be approved by teacher in one of 3 key areas of wellness – spiritual, social, and physical.

Grading: Students will be graded on an equal distribution of assignments – tests, quizzes, homework/reading, and oral presentation. Journal will be pass/fail, and must be completed to finish the course.

Schedule of assignments: weekly homework and quizzes, rigorous tests throughout the semester, final exam (test) every semester, basic journal and oral presentation project.