

*DIOCESE OF TOLEDO
Health Course of Study
Grade Seven 2009*



Catholic Youth and School Services
1933 Spielbusch Avenue
Toledo, Ohio 43697-0985
August 2009

DIOCESE OF TOLEDO SCHOOL PHILOSOPHY

“The duty of human perfection, like the whole universe, has been renewed, recast, super naturalized, in the Kingdom of God. It is a truly Christian duty to grow... and to make one’s talents bear fruit...It is a part of the essentially Catholic vision to look upon the world as maturing--not only in each individual, or in each nation, but in the whole human race.”

(Teilhard de Chardin, The Divine Milieu)

The schools of the Catholic Diocese of Toledo assist parents in preparing their youngsters to assume their Christian vocation. The schools enable youngsters to perfect and grow in the knowledge, skills, values and attitudes to which they are called by Jesus Christ. This vocation begins and grows as each member hears the message of the Gospel, seeks to achieve a personal relationship with Jesus Christ and shares in a commitment of love and service of God and others in order to transform self and society.

Christian education in the Toledo Diocesan schools is intended to make students become people of faith who can experience--inside and outside the school setting-- learning and living in the light of this faith commitment. Students are instructed in human knowledge and skills in order to best relate human culture to God’s plan for His evolving creation. Religious education, i.e., instruction in truths and development of values, is of primary concern. This religious education serves as the basis by which students can integrate their experiences of learning and living at each stage of their development.

This integration thrives in a thoroughly Christian atmosphere where faculties and staffs share and demonstrate in their professional and private lives this same commitment to personal perfection and growth in Jesus Christ. Toledo Diocesan schools enable students to extend their personal faith commitment through prayer and by serving others. Together with faculty and staff, students participate in liturgical activities which foster community. Students explore ways to meet the challenges of tensions and conflicts which occur in community, especially in peacemaking and the achievement of justice. Gospel values impel students to a special concern for all who suffer any disadvantage. Students are enabled to commit themselves to the public interest by developing the skills and talents needed to contribute to the life of the nation.

This experience of integrating learning and living a commitment of faith is a reason for hope. It is the duty of the schools of the Diocese of Toledo to continually explore and rekindle hope for the future in the light of the present reality of the universe. Engaging our members--and the community-at-large--in a search for growth and perfection is our never-ending obligation. Our ultimate goal is union with Jesus Christ, “the way, the truth and the life.”

Diocese of Toledo Health Course of Study Philosophy

The Health Course of Study of the Diocese of Toledo seeks to connect content areas including Health, Religion Science, Physical Education and safety while providing a foundation for health-enhancement and risk avoidance behaviors among young people. This document provides teacher support as he/she strives to motivate young people to build healthy life-styles.

The Health Course of Study, understanding the complexity of the TOTAL person, incorporates a multidimensional approach to life. The student learns that actions have both positive and negative consequences. Problem solving skills and strategies prepare students to make healthy lifestyle choices. Eventually, the student can integrate his/her knowledge and understanding of health related issues and makes a commitment to a healthy life-style, all the while living in response to the call of Christ Jesus who is “the way, the truth and the life.”

REVIEW PROCESS

Under the direction of the superintendent, one central office staff member facilitated the Health Course of Study revision process. The review, during the 2007 – 2008 school year considered the content of the 2007 National Health Education Standards as well as the content of the 2000 Toledo Diocesan Health Course of Study.

Superintendent	Mr. Jack Altenburger
Project Facilitator	Ann Sardeson

Members of Health Course of Study Committee

Darcey Baertschi	St. John the Baptist, Toledo
Jane Butkowsky	St. Pius X, Toledo (Retired)
Joan Funk	Notre Dame Academy
Andrea Taylor	Notre Dame Academy
Jan Florian	Central Catholic High School, Toledo
Pat Galvin	St. Patrick of Heatherdowns, Toledo
Brenda Goshe	St. Wendelin High School, Fostoria
Gary Hoovler	St. Rose, Perrysburg
Rich Jones	Immaculate Conception, Port Clinton
Shawn Kinnee	St. John's Jesuit High School
Pat Schneider	Our Lady of Perpetual Help (Retired)

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**SEVENTH GRADE
HEALTH
LEARNING OBJECTIVES**

Seventh Grade Standard: Students will recognize that Christian responsibility includes the responsibility to advocate for personal, family and community health and safety.

GROWTH & DEVELOPMENT	7.GD.1	Understand that physical exercise supports learning and memory.
	7.GD.2	Participate in daily physical activity for 20 to 30 minutes.
	7.GD.3	Recognize the need for ten hours of sleep.
	7.GD.4	Identify responsible personal health goals.
	7.GD.5	Set a personal growth and development goal and track progress toward its achievement cf. Human Sexuality Handbook from Religious Education
NUTRITION	7.N.1	Respond to the need for water and healthy liquids with frequent water breaks.
	7.N.2	Understand the need for nutrition for our body and brain to grow
SAFETY	7.S.1	Analyze the relationship between safe behaviors and personal safety.
	7.S.2	Describe ways to reduce or prevent common injuries.
	7.S.3	Examine the likelihood of injury when engaging in unsafe behaviors.
	7.S.4	Describe the cause, incidence, symptoms, transmission, prevention and treatment of sexually transmitted diseases.
	7.S.5	Reinforce that abstinence is the only behavior that prevents sexually transmitted diseases.
	7.S.6	Examine the potential seriousness of injury if engaging in unsafe behaviors.
	7.S.7	Describe ways a safe school and community environment can promote personal safety.
	7.S.8	Analyze ways messages from the media influence safety decisions.
	7.S.9	Demonstrate ways to ask for assistance in order to protect the safety of self and others.
	7.S.10	Promote avoidance of guns and discuss appropriate measures to take when one is involved in a situation where a gun is located. Identify water safety rules for swimming, diving, and boating.

DRUGS	<p>7.D.1 Understand that each person has the power of choices.</p> <p>7.D.2 Explain the difference between prescription and over-the-counter medications.</p> <p>7.D.3 Classify alcohol, nicotine, caffeine, prescriptions and over-the-counter medications as drugs.</p> <p>7.D.4 Identify sources of alcohol, nicotine, caffeine, etc.</p> <p>7.D.5 Understand the difference between use, misuse, abuse, and dependency on drugs.</p> <p>7.D.6 Understand how drugs affect the body and mind both positively and negatively.</p> <p>7.D.7 Classify the categories of drugs (depressants, stimulants, hallucinogens, and inhalants) and describe their effects on the body.</p> <p>7.D.8 Explain the stages of addiction.</p> <p>7.D.9 Use a decision-making process to make healthy choices about tobacco, alcohol, and other drugs.</p> <p>7.D.10 Demonstrate refusal and negotiation skills to avoid health risks.</p> <p>7.D.11 Compare and contrast the health benefits of not using tobacco, alcohol, and other drugs with the consequences of using them.</p> <p>7.D.12 Practice using strategies to resist peer pressure to use tobacco, alcohol, and other drugs.</p> <p>7.D.13 Discuss reasons people use drugs.</p> <p>7.D.14 Be familiar with current laws and their consequences regulating the use of alcohol, tobacco, and other drugs.</p>
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TEACHER RESOURCES

<u>Title</u>	<u>Topic</u>	<u>Author</u>	<u>Address/Phone</u>
Alcoholics Anonymous	Alcohol		www.toledoaa.com 419-380-9862
AIDS	Diseases & Disorders		www.aids.gov/basic
AIDS	Diseases & Disorders		www.aegis.com/
American Cancer Society	Diseases & Disorders		800-ACS-2345
American Heart Association	Diseases & Disorders		800-AHA-USA1
American Lung Association	Diseases & Disorders		800-LUNGUSA
American Red Cross	Diseases & Disorders		419-321-1742
Brain Gym	Learning enhancement	Paul Dennison	gobraingym.com
Drug Abuse Outreach Program	Drugs	Lucas County	www.umadaops.com/toledo.htm 419-255-4444
First Aid			www.medicinenet.com
Kids Health			www.kidshealth.org
The Prevention Pipeline	Drugs/Alcohol		800-729-6686
Wellness	All		www.netwellness.org/
Innovative Resources for Educators	All	Science based Resources	www.cyss.org/HotLinksPages/InnId
Dietary Guidelines	Nutrition		www.ars.usda.gov
Depression	Mental Health		www.depression.com/
Student Personalities	Mental Health		www.green-river.com/
American Egg Board	Nutrition		www.aeb.org
Better Breakfast/Better Learning	Nutrition	OH Dept. of Education	http://www.ode.state.oh.us
Nutrition	Nutrition		www.mealformation.com
Infections	Infections		http://www.cdc.gov/ncidod/dhqp/a_z.html
L.I.F.E. Guidelines	Social – Emotional		http://www.kidshealth.org/parent/infections
Nutrition Camp	Nutrition	Kelloggs	http://www.cyss.org/Schools/Innovators/
Snackin' Smart - Fun Activities	Nutrition	OH Dept. of Education	www.kelloggs.com
The Food Guide Pyramid	Nutrition	OH Dept. of Education	http://www.ode.state.oh.us
What's In a Meal?	Nutrition	OH Dept. of Education	http://www.ode.state.oh.us
Character Education in Ohio	Social Health	OH Dept. of Education	http://www.ode.state.oh.us