



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

Scott R. Rocco, Ed.D.
Superintendent of Schools

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2022-2023 Health Syllabus 11th Grade Topics Aligned to the 2014 Standards

The High School Curriculum is designed to teach students the information and skills they need to become health literate, to maintain and improve health, prevent disease, and reduce health-related risk behaviors. Through this curriculum, students will develop critical thinking, problem solving, and communication skills. In addition, the students will demonstrate good character and behaviors that promote a safe, fit, and healthy family, community, nation, and world.

Nutrition and Fitness

- Nutrition
- Body Weight and Composition
- Body Image
- Physical Fitness

Human Development

- Reproduction and Pregnancy
- Childbirth and Parenting Newborns
- Human Development across the LifeSpan

CPR/AED/First Aid

- Safety & First Aid

Mental Health and Wellness

- Achieving Mental and Emotional Health
- Managing the Stress in Your Life

Drug Awareness & Prevention Week

This is a supplemental unit to the Alcohol, Tobacco, and Other Drugs Unit. A collaboration with the Hamilton Township School District and the Hamilton Health Department formed a supplemental unit to assist on the importance of Drug Awareness and Prevention.

Please return the bottom portion of this form to your child(ren)'s school

I have reviewed my child(ren)'s agenda and am aware of topics covered in their Health Education. I am also aware that if I wish to opt out my child(ren) from any portions of the family life/sexual health portion of the curriculum, I am to complete the opt out form via PowerSchool.

Student Name: _____ Health Teacher: _____

Parent/Guardian Signature _____ Date _____