



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

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

Anthony Scotto
Director of Curriculum & Instruction

2023-2024 Health Syllabus 11th Grade Topics Aligned to the 2020 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 & Fitness	<ul style="list-style-type: none"> Essential Nutrients Calories MyPlate Food Labels Serving size/portion size 	<ul style="list-style-type: none"> Poor or over nutrition Illness & Diseases associated with food Body composition Fitness principles
Human Development	<ul style="list-style-type: none"> Pregnancy Pregnancy calendar Pregnancy complications Preparing for childbirth Childbirth 	<ul style="list-style-type: none"> Newborn care Adoption Newborn nutrition-growth-development Teen parents Human development across lifespan
First Aid & CPR	<ul style="list-style-type: none"> CPR- hands only compressions (adult, child, infant) AED 	<ul style="list-style-type: none"> First aid (sudden illness, traumatic injuries, muscle- bone-joint injuries, Head-neck-spinal injuries, environmental injuries)
Drug Awareness & Prevention	<ul style="list-style-type: none"> SAC Communities Available for Students and Families THC 	<ul style="list-style-type: none"> Stimulants Steroids

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 _____