M.B.C.I Grade 10 Health
Course Outline
Term 2- Mrs. Diboll

Required Supplies: Students must have a binder, loose leaf paper, and writing utensil for each class. It may be in your best interest to use a binder you already have, just make a specific section for health.

Learning Objectives

Healthy Relationships:

- Analyze the components in different case scenarios for building and maintaining healthy relationships.
- Evaluate the benefits of effective communication skills for getting along with family, friends, and peers in school, community, and/ or the workplace.
- Identify potential adult roles and ways to prevent potential problems in developing meaningful relationships.
- Describe behaviours necessary for providing others with support and promoting emotional health and well-being.
- Show an understanding of ways to support others who are dealing with the loss of a friend or family member.

Human Sexuality:

- Review the anatomy and physiology of the reproductive system of human beings.
- Identify and assess the advantages and/ or disadvantages of different contraceptive methods.
- Describe the importance of and conditions for a healthy pregnancy.
- Examine sexuality as it is portrayed in the media.
- Examine the influences on making decisions for responsible sexual behaviour.
- Review personal responsibilities and sources of support with regard to sex-related health issues.
- Explain health issues related to HIV/ AIDS
- Describe ways to prevent STIs to promote the health of society.

Some of the topics we will discuss are sensitive in nature. It is your responsibility to act in a mature and respectful manner. Inappropriate comments or behaviour will not be tolerated. Marks will be deducted by the discretion of your teacher.

<u>Evaluation</u>

- Your Health mark will constitute **25%** of your total Physical Education mark each term. The topics will vary according to each teacher. Your teacher will also determine the mark breakdown.

- **10% Test**
- **10% Assignments/ Exit Slip**
- **5% Health In-Class Participation**