

Dominican International School



HEALTH 10

COURSE SYLLABUS

GRADE LEVEL: Grade 10

SCHOOL YEAR: 2023-2024

TEACHER: Mr. Erwin Josh Discaya

EMAIL: ediscaya@dishs.tp.edu.tw

COURSE DESCRIPTION:

- This course should provide a better understanding of vices aside from sharing abstinence to the students.

COURSE OBJECTIVES:

- Describe the health benefits of abstaining or discontinuing the use of alcohol, tobacco, and other drugs.
- Clarify myths regarding the scope of alcohol, tobacco, and other drug use among adolescents.

- **Explain the connection between drugs, alcohol and tobacco use and the risk of obtaining diseases.**

ASSESSMENT:

- Attendance and Tardiness ----- 15%
- Class Participation ----- 15%
- Homework/Seatwork ----- 30%
- Exam ----- 30%
- Department ----- 10%

PRIMARY TEXTBOOK & OTHER RESOURCES

Essential Health

Comprehensive Health

Glencoe Health

Academic Dishonesty means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS. Academic dishonesty includes but is not limited to, the following:

1. Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
1. Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an AI.
2. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
3. Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

Any act of academic dishonesty will result in an automatic zero on the entire assignment.

1st QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 Aug 10th to 11th Only 2 School Days <i>10 ~ First Day / Orientation Day</i>	Class Orientation
Week 2 Aug 14th to 18th <i>15 ~ Opening Mass</i>	Health Effects of Tobacco
Week 3 Aug 21st to 25th	Why People Use Tobacco
Week 4 Aug 28th to Sep 1st	Nicotine Addiction Treatment
Week 5 Sep 4th to 8th <i>8 ~ Holy Mass & VIP Induction</i>	Nicotine Addiction Prevention
Week 6 Sep 11th to 15th <i>12-14 ~ Pre-Exam Days</i>	Review
Week 7 Sep 18th to 22nd	Exams

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2nd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<p>Week 1 (10) Oct 9th to 13th <u>3 Days of Class</u></p> <p><i>9-10 – Double 10 Holiday</i></p>	How Does Alcohol Impact Your Body?
<p>Week 2 (11) Oct 16th to 20th</p>	The Effects of Alcohol on Health
<p>Week 3 (12) Oct 23rd to 27th</p>	Reasons People Use Alcohol
<p>Week 4 (13) Oct 30th to Nov 3rd</p> <p><i>1 - All Saint's Day Mass</i></p>	Reasons People Abuse Alcohol
<p>Week 5 (14) Nov 6th to 10th</p>	Alcohol Abuse Treatment

Week 6 (15) Nov 13th to 17th	Alcohol Abuse Prevention
Week 7 (16) Nov 20th to 24th	Abstaining from Alcohol
Week 8 (17) Nov 27th to Dec 1st	Exam
Dec 18th to Jan 1st	Christmas Break

3rd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 (20) Jan 3rd to 5th <u>3 Days of Class</u> <i>4 ~ New Year Mass</i>	Medications
Week 2 (21) Jan 8th to 12th	Drugs Abuse and Addiction
Week 3 (22) Jan 15th to 19th	Abstaining from Drugs
Week 4 (23) Jan 22nd to 26th	Infectious Disease
Week 5 (24) Jan 29th to Feb 2nd	Transmission, Prevention and Treatment of Infectious Diseases (1)

<p>Week 6 (25) Feb 5th to 9th <u>3 Days of Class</u></p> <p><i>8-9 ~ CNY</i></p>	<p>Transmission, Prevention and Treatment of Infectious Diseases (2)</p>
<p>Feb 8th to 16th</p>	<p>Chinese New Year</p>
<p>Week 7 (26) Feb 19th to 23rd <i>19 ~ Lenten Mass</i></p> <p><i>21-23 ~ Pre-Exam Days</i></p>	<p>Review</p>
<p>Week 8 (27) Feb 26th to March 1st <u>4 Days of Class</u></p> <p><i>28 ~ 228 Memorial Day Holiday</i></p>	<p>Exam</p>

4th QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
<p>Week 1 (29) March 11th to 15th <u>4 Days of Class</u> <i>11 ~ Q3 Exams</i></p> <p><i>12 ~ Q4 Begins</i></p>	Sexually Transmitted Infection
<p>Week 2 (30) March 18th to 22nd <i>18-21 ~ Fire Drill</i></p>	Common STIs (1)
<p>March 25th to Apr 5th</p>	Easter Break
<p>Week 3 (31) Apr 8th to 12th <i>10 ~ Easter Mass</i></p>	Common STIs (2)

<p>Week 4 (33) Apr 15th to 19th</p>	<p>HIV and AIDS</p>
<p>Week 5 (34) Apr 22th to 26th <i>22-26 ~ AP Mock Exams</i></p>	<p>Review</p>
<p>Week 6 (35) Apr 29th to May 3rd <i>1-2 ~ Pre-Exam</i> <i>1-10 ~ Final Exams (K, 5, 8, 12 only)</i> <i>4/29 – 5/10 ~ AP Exams</i></p>	<p>Exam</p>