

Basic Health Syllabus

Order from Hewitt:

- 1) *Total Health*, # 2906, \$29.95
- 2) *I Kissed Dating Goodbye*, # 2430, \$10.99

This course is normally taken in half of a year, but this syllabus cuts the pace down to complete it over the course of an entire school year (four quarters instead of two). The parent may take turns reading with the student if desired.

Quarter One

- Read Chapters 1 – 4 in the *Total Health* book. This is 116 pages, which over 9 or 10 weeks is about 12 pages per week or 2 per day.
- Complete the following assignments:
 - Define any five (5) Vocabulary Words from each chapter you read in *Total Health*.
 - Answer any one (1) Explain question from each chapter you read in *Total Health*.
 - Answer any one (1) Discuss question from each chapter you read in *Total Health*.
 - Complete any one (1) Suggested Activity from each chapter you read in *Total Health*.
 - Read Part One (pages 9-52) of *I Kissed Dating Goodbye*. Jot down some notes regarding your thoughts on what you read as you go through this book. In quarter four you will be required to write a two- to three-paragraph opinion paper on it.

Quarter Two

- Read Chapters 5 – 9 in the *Total Health* book. This is 109 pages, which over 9 or 10 weeks is about 11 pages per week or 2 per day.
- Complete the following assignments:
 - Define any five (5) Vocabulary Words from each chapter you read in *Total Health*.
 - Answer any one (1) Explain question from each chapter you read in *Total Health*.
 - Answer any one (1) Discuss question from each chapter you read in *Total Health*.

- Complete any one (1) Suggested Activity from each chapter you read in *Total Health*.
- Read Part Two (pages 55-108) of *I Kissed Dating Goodbye*.

Quarter Three

- Read Chapters 10 – 13 in the *Total Health* book. This is 92 pages, which over 9 or 10 weeks is about 9 pages per week or 2 per day.
- Complete the following assignments:
 - Define any five (5) Vocabulary Words from each chapter you read in *Total Health*.
 - Answer any one (1) Explain question from each chapter you read in *Total Health*.
 - Answer any one (1) Discuss question from each chapter you read in *Total Health*.
 - Complete any one (1) Suggested Activity from each chapter you read in *Total Health*.
 - Read Part Three (pages 111-159) of *I Kissed Dating Goodbye*.

Quarter Four

- Read Chapters 14 – 16 in the *Total Health* book. This is 70 pages, which over 9 or 10 weeks is about 7 pages per week or 1 per day.
- Complete the following assignments:
 - Define any five (5) Vocabulary Words from each chapter you read in *Total Health*.
 - Answer any one (1) Explain question from each chapter you read in *Total Health*.
 - Answer any one (1) Discuss question from each chapter you read in *Total Health*.
 - Complete any one (1) Suggested Activity from each chapter you read in *Total Health*.
 - Read Part Four (pages 163-228) *I Kissed Dating Goodbye* before the end of the quarter.
 - Write a two- or three-paragraph summary of your reaction to *I Kissed Dating Goodbye*.