



COURSE SYLLABUS

School Year	2025 - 2026
Subject	Health
Grade Level	12
Teacher	Ms. Yvonne Lee
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COURSE DESCRIPTION:

This Grade 12 Health Education course is designed to provide students with a comprehensive understanding of critical health issues and equip them with the knowledge and skills to make informed decisions for a healthy lifestyle. The curriculum covers three main areas: the impact of tobacco, alcohol, and drug abuse; common health problems and diseases; and strategies for maintaining overall well-being. Students will explore the effects of substance use, addiction, and the social and economic consequences of abuse. They will also learn about the causes, symptoms, and management of chronic diseases such as diabetes, high blood pressure, cancer, allergies, asthma, and arthritis. Additionally, the course emphasizes the importance of mental health and provides practical strategies for coping with chronic conditions. Through engaging lessons and activities, students will develop a personal health plan and gain valuable insights into preventive health care, ensuring they are well-prepared to lead healthy lives now and in the future.

COURSE OBJECTIVES: By the end of the semester/school year, (SWAT) Students will be able to:

Unit 1: Tobacco, Alcohol, Drugs, and Their Abuse

1. Introduction to Substance Use and Abuse

- **Objective:** Students will comprehend the basic concepts related to the use and abuse of tobacco, alcohol, and drugs, and their effects on health (NHES Standard 1).

2. Tobacco: Health Risks and Prevention

- **Objective:** Students will analyze the health risks associated with tobacco use and identify strategies for prevention and cessation (NHES Standards 1, 3).

3. Alcohol: Effects and Risks

- **Objective:** Students will understand the short-term and long-term effects of alcohol consumption and recognize the signs of alcohol poisoning (NHES Standards 1, 2).

4. Drugs: Overview and Impact

- **Objective:** Students will identify commonly abused drugs and understand their legal status and health impacts (NHES Standards 1, 2).



5. **Addiction and Dependency**

- **Objective:** Students will comprehend the nature of addiction and dependency, including physical and psychological aspects (NHES Standard 1).

6. **Social and Economic Impact of Substance Abuse**

- **Objective:** Students will evaluate the social and economic consequences of substance abuse on individuals, families, and communities (NHES Standards 2, 5).

7. **Peer Pressure and Decision Making**

- **Objective:** Students will develop skills to resist peer pressure and make informed decisions regarding substance use (NHES Standards 4, 5).

8. **Media and Advertising Influence**

- **Objective:** Students will critically analyze how media and advertising influence substance use behaviors (NHES Standards 2, 3).

9. **Laws and Regulations**

- **Objective:** Students will understand the legal consequences of substance abuse and the laws related to tobacco, alcohol, and drugs (NHES Standards 2, 3).

10. **Treatment and Recovery**

- **Objective:** Students will explore treatment options for substance abuse and identify support systems and recovery programs (NHES Standards 3, 7).

Unit 2: Common Health Problems and Diseases

1. **Introduction to Common Health Problems**

- **Objective:** Students will comprehend the basic concepts related to common health issues and the importance of early detection and management (NHES Standard 1).

2. **Diabetes: Types, Symptoms, and Management**

- **Objective:** Students will identify the types of diabetes, recognize symptoms, and understand management options (NHES Standards 1, 3).

3. **High Blood Pressure: Causes, Symptoms, and Management**

- **Objective:** Students will comprehend the causes, symptoms, and management of hypertension (NHES Standards 1, 3).

4. **Cancer: Types, Symptoms, and Treatment**

- **Objective:** Students will understand the types of cancer, recognize symptoms, and explore treatment options (NHES Standards 1, 3).

5. **Infectious Diseases: Causes and Prevention**

- **Objective:** Students will understand the causes of infectious diseases and identify preventive measures, including vaccination (NHES Standards 1, 7).

6. **Allergies: Causes, Symptoms, and Management**

- **Objective:** Students will identify common allergies, understand their causes and symptoms, and explore management strategies (NHES Standards 1, 3).



7. **Asthma: Causes, Symptoms, and Management**
 - **Objective:** Students will comprehend the causes, symptoms, and management of asthma (NHES Standards 1, 3).
8. **Arthritis: Types, Symptoms, and Management**
 - **Objective:** Students will understand the types of arthritis, recognize symptoms, and explore management options (NHES Standards 1, 3).
9. **Mental Health Issues: Overview and Management**
 - **Objective:** Students will identify common mental health issues, understand their symptoms, and explore management strategies (NHES Standards 1, 3).
10. **Living with Chronic Diseases**
 - **Objective:** Students will develop coping strategies for living with chronic diseases and identify support systems and resources (NHES Standards 1, 7).

PRIMARY TEXTBOOKS AND OTHER RESOURCES:

Tunka, L. (2025). *An invitation to health* (21st ed.). Cengage Learning.

GRADING SYSTEM/ASSESSMENT:

- Quiz/ Class Participation ----- 30%
- Homework/Seatwork ----- 30%
- Exam ----- 30%
- Department ----- 10%

ADDITIONAL INFORMATION:

Please always check Google Classroom for homework and announcements.

ACADEMIC DISHONESTY:

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:

- Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's work;
- Representing another's intellectual work, such as photographs, paintings, drawings, sculpture, research, or the like, as one's own, including failure to attribute content to an AI.
- Employing a tutor, using Artificial Intelligence without acknowledgment, getting a parent to write a paper or do an assignment, and paying for an essay to be written by someone else and presented as the student's work.



- 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/learning task.

First Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (August 12 to 15) <u>4 days of class</u> 12-General Assembly at the Gymnasium 15-Opening Mass & Assumption of Our Lady	Unit 1: Tobacco, Alcohol, Drugs, and Their Abuse Introduction to Substance Use and Abuse
Week 2 (August 18 to 22) 18-St. Dominic de Guzman Feast Day Celebration) Integrated during the Monday Assembly 20- House Shirt & Blue Jeans Day Starts 22- Club Orientation and Club Sign-up	Tobacco: Health Risks and Prevention
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	Alcohol: Effects and Risks
Week 4 (September 1 to 5) 1- Launching of the World Day of Prayer for the Care of Creation (During the Monday Assembly) 1-AP Registration 3- AEO Fall University Fair 5- House Ceremony	Drugs: Overview and Impact
Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	Addiction and Dependency
Week 6 (September 15 to 19) 15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium) 19- Athletics / Sports Orientation 19- PSAT/NMSQT Registration deadline	Addiction and Dependency



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Week 7 (September 22 to 26) 22- Celebration of the International Day of Peace- Peace Pole Ceremony (During the Monday Assembly) Teacher's Day Celebration & 26-Teachers' Appreciation 26- Grade 12 Career Educational Trip 24 to 26-Pre-Exam Days	Quarter Exam
Week 8 (September 29 to October 3) 29- Launching of the Month of the Holy Rosary (During the Monday Assembly) Oct. 1-2- First Quarter Exam (half day)	No Class
<i>Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day Recollection for Aunties and Uncles (no classes for students)</i>	

Second Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<i>6-Moon Festival (no classes)</i>	
<i>7-9 Teacher's Conference (no classes)</i>	
Week 1 (11) (October 13 to 17) 13- Second Quarter Begins 13- Start of New Applicant Enrollment for 2nd Semester 14- Visit of Mother Mary to Classrooms (During the morning prayer) 15- AP Exam Only Registration Deadline 15- Monthly Career Talk - College Prep 17- PSAT/NMSQT Digital Exam	Social and Economic Impact of Substance Abuse
Week 2 (12) (October 20 to 24) 20- Jubilee: Marian Exhibit Opening (After the Monday Assembly) 20- Campus Safety Talk for Students 24- Book Fair (Senior Escape Room)	No Class
Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Peer Pressure and Decision Making
Week 4 (14) (November 3 to 7)	Media and Advertising Influence



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3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly) 5- Monthly Career Talk - College Prep	
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Laws and Regulations
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Treatment and Recovery
Week 7 (17) (November 24 to 28) 24- Peace Pole Day (Monday Assembly) 24- Lighting of the Christmas Tree after school (Campus Min/ ECA/ D' Torch Orchestra/ Religious Studies) (Afternoon) 25-27- Pre-Exam Days 27- Thanksgiving Potluck after school for teachers and staff 27- Thanksgiving Family Day 28- Gr. 12 Second Quarter Exam	PBL Presentation
<i>Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)</i>	
Week 8 (18) (December 1 to 5) 1- First Week of Advent: Lighting of First Advent Candle (During the Monday Assembly) 3- Monthly Career Talk - College Prep 5- Nativity Play (Collaboration with Campus Ministry) 5- Christmas Fair Whole Day	Reflection
Week 9 (19) (December 8 to 12)	No Class 8- Foundation Day Mass, cake ceremony, and Class Party (half day) 8- Solemnity of the Immaculate Conception 8- Second Week of Advent 10- Gr. 12 Advent Immersion 11 and 12- Second Quarter Exam (half day)
<i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i>	
<i>December 15 to January 2 Christmas Break</i>	



Third Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<i>January 5- Record Day (No Classes for students)</i>	
Week 1 (20) (January 5 to 9) 5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:00	Unit 2: Common Health Problems and Diseases Introduction to Common Health Problems
Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Diabetes: Types, Symptoms, and Management
Week 3 (22) (January 19 to 23) 19-23- Individual Yearbook Photoshoot for Students 19-23- Career Awareness Week 22- Grade 9 Career Educational trip 23- First Club Meeting for 2nd Semester	High Blood Pressure: Causes, Symptoms, and Management
Week 4 (23) (January 26 to 30) 26- Feast Day of St. Thomas Aquinas/Launching of the Catholic Week 26-28- Aquinas Conference: Science and Faith 26-30- Catholic Week Activities 30- DYM Charity Concert	Cancer: Types, Symptoms
Week 5 (24) (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUA0 Recollection for MS	Cancer: Treatment
Week 6 (25) (February 9 to 13) 9- Start of New Applicant Enrollment for 1st Semester for SY2025-26 13- PSAT 8/9 Registration Deadline 13- House Valentine's Mini Fair 13- Chinese New Year Celebration	Infectious Diseases: Causes
<i>February 16-20 Chinese New Year Holiday</i>	
Week 7 (26) (February 23 to 26) 23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days	Infectious Diseases: Prevention



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<i>February 27 Memorial Day Holiday (no classes)</i>	
<p style="text-align: center;">Week 8 (27) (March 2 to 6)</p> <p>3- Monthly Career Talk - College Prep 6- PSAT 8/9 System Installation and Practice Test</p>	Quarter Exam
<p style="text-align: center;">Week 9 (28) (March 9 to 13)</p> <p>13 and 16- Third Quarter Exam (half day)</p>	No Class

Fourth Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<p style="text-align: center;">Week 1 (29) (March 16 to 20)</p> <p>16- Third Quarter Exam (half day) 16-20- Faculty & Staff Yearbook Photo 17- Fourth Quarter Begins 18-21- EARCOS Teachers' Conference 19- Lectio Divina and Feast of St. Joseph 20- Parents Learning Community Meeting 20- Kindilympics 20-House Movie Night and Club Fair</p>	Allergies: Causes, Symptoms, and Management
<i>March 21 (Saturday) Spring Fair</i>	
<p style="text-align: center;">Week 2 (30) (March 23 to 27)</p> <p>23-27 Student Leaders Applicant Interviews 26- Annual Visit to World Religion Museum Gr. 11 27- Lower School Readers Theatre</p>	Asthma: Causes, Symptoms, and Management
<i>March 30 to April 6 Easter/Spring Break</i>	
<p style="text-align: center;">Week 3 (31) (April 7 to 10)</p> <p>7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students</p>	Arthritis: Types, Symptoms, and Management
<p style="text-align: center;">Week 4 (32) (April 13 to 17)</p> <p>13 Laudato Si Month Launching (During the Monday Assembly) 13-30 Laudato Si Month Activities 13-17- Class Photo Taking 17- AP Chinese/Japanese Practice Test</p>	Mental Health Issues: Overview and Management
Week 5 (33)	Mental Health Issues: Overview and



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(April 20 to 24) 20-24 Cultural Awareness Week / Art Exhibit / Earth Week 24- Music Recital 20-24 Student Council Campaign 20-24 AP Mock Exams	Management
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Living with Chronic Diseases
<i>May 1: Labor Day Public Holiday</i>	
Week 7 (35) (May 4 to 8) 4- May Crowning & Mother's Day Celebration (During the Monday Assembly) 4-14 Final Exams (K, Gr. 5, 8, & 12 Only) 4-15 AP Exams	PBL Presentation
Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam—Undergraduate (half day) 14-16 Student Leaders Retreat Days	No Class
<i>May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes</i>	
Week 9 (37) (May 18 to 22)	18- Gr. 5 Recollection & Mass 19- Gr. 8 Recollection & Mass 20- Gr. 12 Recollection 20- Baccalaureate Mass (Whole School) 18-21 WIDA Testing 19- Lower School Sports Day / Gr. 6 & 7 School Field Trip 19- Gr. 9 - 11 - "Senior Success Forum: Inspiring the Next Generation" 19-22 Student Clearance Days 21- Middle & High School Sports Day 21- High School Field Trip 22- House Culminating Activity 20-22 Final Deliberation for Non-Graduating Classes 22- Student Leaders One Day Recollection / Turn Over Ceremony
Week 10 (38) (May 25 to 29)	25- Kindergarten Graduation/Gr. 5 Promotion 26- LS Field Trip 26- Gr. 8 Graduation and Gr. 12 Graduation 27- Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11 Recognition Last Day of School, Report Card 28- Distribution, & Class Party (half day) 29- Last day for Teachers/Staff Meeting

“Kindling the Light of Faith, Hope, and Love: The Legacy of St. Dominic de Guzmán”