



Course Syllabus

School Year	2025-2026
Subject	Health
Grade Level	9
Teacher	Dario Panzeri
Email	dpanzeri@dishs.tp.edu.tw

COURSE DESCRIPTION:

This Grade 9 Health course is designed to empower students with the knowledge and skills necessary to lead a healthy lifestyle. By developing awareness of the different aspects of life that contribute to health and wellbeing, students are encouraged to critically evaluate the choices that can have a significant impact. For grade 9, topics include physical fitness, healthy diets, and the consequences of unhealthy habits, with a focus on building sustainable daily routines and understanding the impact of environmental factors on health.

COURSE OBJECTIVES:

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

- Define Health and Wellness, and explain their components.
- Evaluate the impact of the dimensions of health on well-being.
- Explain the fundamental principles of nutrition, including the roles of macro-, micronutrients and water.
- Evaluate the nutritional value of foods from their labels.
- Describe how physical fitness, sleep and meal quality affect health and wellbeing. Design effective health routines and strategies for maintaining consistency.
- Identify the factors that affect body weight, and develop strategies for its management. Describe the mutual effects of humans and environment, and devise strategies for lessen the adverse effects.
- List the causes of cancer, explain how it develops and how it can be prevented and treated.

PRIMARY TEXTBOOKS AND OTHER RESOURCES:

- Teacher-provided electronic material (slides, online resources, etc.)

GRADING SYSTEM/ASSESSMENT:

Assessment strategies for this course are in accordance with the school's assessment



policy. It includes homework, seatwork, and projects (30%), quizzes and tests (30%), quarter exams (30%), and deportment (10%).

ADDITIONAL INFORMATION:

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	Teacher and course presentation The components of Health and Wellness
Week 2 (August 18 to 22) 18-St. Dominic de Guzman Feast Day Celebration)	The Importance of Nutrition Activity: eating habit self-reflection



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Integrated during the Monday Assembly 20- House Shirt & Blue Jeans Day Starts 22- Club Orientation and Club Sign-up	
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	The Nutrients in the Diet (part 1/2)
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	Nutrients in the Diet (part 2/2) Activity: Misconceptions about Nutrients
Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	Nutrition Labels and Food Safety Activity: prepare a daily meal plan
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	Personal Nutrition Plans review General review



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19- PSAT/NMSQT Registration deadline	
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 1 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>



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<p>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</p>	<p>Understanding Physical Fitness</p>
<p>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)</p>	<p>Understanding Physical Fitness Activity: Designing a fitness routine</p>
<p>Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp</p>	<p>Sleep and Mental Health Activity: Sleep Diary</p>
<p>Week 4 (14) (November 3 to 7) 3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly) 5- Monthly Career Talk - College Prep</p>	<p>Sleep Diary review Sleep and Mental Health</p>



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Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Meal Planning and Preparation
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Building Healthy Routines Activity: Draft Healthy Routines
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	General Review Quiz on Fitness and Sleep
Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)	
Week 8 (18) (December 1 to 5) 1- First Week of Advent: Lighting of First Advent Candle (During the Monday	Quarter 2 Exam



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Assembly) 3- Monthly Career Talk - College Prep 5- Nativity Play (Collaboration with Campus Ministry) 5- Christmas Fair Whole	
Week 9 (19) (December 8 to 12) 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)	- no class -
<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>	



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<p>Week 1 (20) (January 5 to 9)</p> <p>5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:</p>	<p>Risks of Unhealthy Diets</p> <p>Consequences of poor nutrition</p>
<p>Week 2 (21) (January 12 to 16)</p> <p>16- Club Orientation & Sign Up</p>	<p>Risks of Unhealthy Diets</p> <p>Preventing diet-related diseases</p>
<p>Week 3 (22) (January 19 to 23)</p> <p>19-23- Individual Yearbook Photoshoot for Students 19-23- Career Awareness Week 22- Grade 9 Career Educational trip 23- First Club Meeting for 2nd</p>	<p>Healthy Body Image (weight)</p>
<p>Week 4 (23) (January 26 to 30)</p> <p>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</p>	<p>Environmental Health Factors</p> <p>Human Impact</p>



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Week 5 (24) (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUAOS Recollection for MS	Environmental Health Factors Environment-related diseases
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	Environmental Health Factors Prevention
<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	General Review Quiz on Diets and Environmental Health
<i>February 27 Memorial Day Holiday (no classes)</i>	
Week 8 (27) (March 2 to 6) 3- Monthly Career Talk - College Prep 6- PSAT 8/9 System Installation and Practice Test	Quarter 3 exam



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Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	
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Fourth Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (29) (March 16 to 20) 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	Understanding Cancers Cancer causes and progression
<i>March 21 (Saturday) Spring Fair</i>	
Week 2 (30) (March 23 to 27) 23-27 Student Leaders Applicant Interviews 26- Annual Visit to World Religion Museum Gr. 11 27- Lower School Readers Theatre	Understanding Cancers Treatment
<i>March 30 to April 6 Easter/Spring Break</i>	
Week 3 (31) (April 7 to 10)	Understanding Unhealthy Habits - Consequences and



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7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	Prevention Activity: personal health assessment
Week 4 (32) (April 13 to 17) 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	Personal assessment review Personal health plans
Week 5 (33) (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	General Review Quiz: Cancer And Unhealthy Habits
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Final Exam
<i>May 1: Labor Day Public Holiday</i>	
Week 7 (35) (May 4 to 8) 4- May Crowning & Mother's Day	- no class -



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Celebration (During the Monday Assembly) 4-14 Final Exams (K, Gr. 5, 8, & 12 Only) 4-15 AP Exams	
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	- end of school activities -



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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	- end of school activities -

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