




Course Syllabus

HEALTH AND SAFETY GRADE 7

Code:	377850	NCAA Approval:	No
Level:	Middle School	QM Certified:	No
Duration/Credit:	0.25 Credit/Year	Textbook:	None
Prerequisites:	None	Materials:	None
Standards:	Arkansas Health & Safety and Physical Education Standards	Technology:	VA Technology Requirements
Pacing Guide	 377850/388850 Health and Sa...	Alignment Matrix:	Alignment Matrix

Course Introduction

Watch the [course introduction video](#) or read the [video transcript](#) for a brief introduction to the course.

Course Description

The middle school health and safety course promotes student learning regarding health topics that affect their lifelong health, such as human growth and development; body systems; relationships and interactions; nutrition; alcohol, tobacco, and other drugs; and personal health and safety.

Course Level Objectives

The objectives for this course include the following:

- Examining interaction among the body systems
- Analyzing how maturation affects the body systems
- Identifying responsible behaviors and consequences related to physical, social, and emotional changes during adolescence
- Analyzing the dangers and consequences of inappropriate use of social media and technology
- Describing the principles associated with the development of a healthy meal plan
- Identifying the physical, emotional, social, and legal effects of alcohol and other drugs
- Analyzing examples of harassment and intimidating behaviors
- Practicing the skills necessary to manage mental and emotional health

Course Participation Information

There are other pieces of important information about your participation in a Virtual Arkansas course. This information can be found in your course in the Virtual Arkansas Program Syllabus.