



Health | High School

| ORGANIZING THEME/TOPIC | FOCUS STANDARDS & SKILLS |
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| <p>PERSONAL HEALTH AND WELLNESS 2.5 weeks</p> <p>Wellness (personal, physical, mental, emotional, social, spiritual) Individual Health and Wellness Decision Making and Goal Setting</p> | <p>SKILLS</p> <ul style="list-style-type: none"> • Identify the effect of lifestyle choices on the quality of one’s life • Importance of sleep on one’s health • Understand the interdependence of the components of health: physical, mental, emotional, social, and spiritual • List the major causes of death for the teen and adult population • Implement the decision making process • Set realistic goals |
| <p>NUTRITION & FITNESS 3 weeks</p> <p>Nutrition Nutrient Information Consumer Health Resources Fitness Weight Management</p> | <p>SKILLS</p> <ul style="list-style-type: none"> • Describe the impact of nutritional choices on the functioning of body systems and life-long health • Identify values and sources of essential nutrients • Interpret and evaluate food labels relative to nutritional values • Identify values and sources of essential nutrients. • Explain how to reach and maintain ideal body composition, distinguishing healthful and harmful ways of weight control • Explain various influences on each person’s food choices • Calculate calories, proteins, fats, carbohydrates, and food • Identify and discuss the importance of the health and skill related components of fitness • Evaluate personal fitness plans for describing exercises that improve cardiovascular endurance, muscular strength and endurance, body composition and flexibility |
| <p>MENTAL AND EMOTIONAL HEALTH 3 weeks</p> <p>Stress</p> | <p>SKILLS</p> |

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| <p>Mental and Emotional Disorders Support Systems Eating Disorders Grief</p> | <ul style="list-style-type: none"> ● Recognize the causes, types and physiological effects of stress and anxiety on various body systems and to the onset of various diseases ● Identify methods or techniques for stress management ● Demonstrate healthful ways to express one's emotions ● Develop an awareness of mental and emotional disorders ● Identify personality types and evaluate the effect on mental and emotional health ● Identify signs, symptoms, and treatment of mental and emotional disorders |
| <p>PREVENTION AND CONTROL OF DISEASE 1 week</p> <p>Communicable and Non-Communicable Diseases Prevention/Management of Diseases Disease Related to Lifestyle Choices</p> | <p>SKILLS</p> <ul style="list-style-type: none"> ● Identify risk factors that may lead to disease including environment, lifestyle choices and genetics/heredity ● Identify causes, symptoms, treatment and prevention of communicable diseases including STI's ● Identify causes, symptoms, treatment and prevention of non-communicable diseases ● Describe the importance of and proper techniques for self-exams including breast and testicular self-exam |
| <p>INJURY PREVENTION AND SAFETY 1 week</p> <p>Injury Prevention and Treatment First Aid Basic Steps of CPR/Usage of an AED Personal Safety Precautions</p> | <p>SKILLS</p> <ul style="list-style-type: none"> ● Identify hazards and safety precautions in situations such as driving, home care, sports, and recreational activities ● Explain, demonstrate, and apply first aid for shock, bleeding, orthopedic injuries, burns, head injuries, burns, and poisoning ● Select and apply appropriate life saving techniques in emergency situations such as choking, absence of breathing, and/or cardiac arrest ● Understand and demonstrate, through hands-on practice, CPR and AED procedures. ● Identify appropriate personal safety behaviors (i.e. social safety, exercise safety, etc.) |
| <p>SUBSTANCE USE, MISUSE, ABUSE, AND ADDICTION 3 weeks</p> <p>Legal and Illegal Drug Usage Media Refusal Skills Impact of Substance Abuse Community Resources</p> | <p>SKILLS</p> <ul style="list-style-type: none"> ● Define the differences between use, misuse, and abuse of drugs and medication. ● Understand the use, misuse, and abuse of over the counter, supplements, energy drinks, electronic cigarettes, vaping, and prescription drugs. ● Define the major classifications of drugs, signs, and symptoms of drug use, and short and long term consequences of substance abuse. ● Evaluate the media's influence on the sale, and use of tobacco, alcohol and other drugs. |

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| | <ul style="list-style-type: none"> • Demonstrate the refusal, negotiation and collaboration skills needed to avoid harmful situations regarding someone's use of substances • Understand the importance of choosing a substance free lifestyle • Explain the genetic, hereditary, and environmental connection with substance abuse and addiction. • Access accurate sources of information of drugs |
| <p>FAMILY LIFE AND SEXUALITY 3 weeks</p> <p>Sexuality Relationships Consequences of Choices Biology of Family Planning</p> | <p>SKILLS</p> <ul style="list-style-type: none"> • Recognize individual differences & similarities in sexual identities, relationships, and roles • Explain the effect of sexuality as it is portrayed in the media • Describe expressions of sexuality & demonstrate effective refusal skills related to social • List several resources for dealing with sexually related issues/ problems, and family difficulties • Explain the process of conception, pregnancy and childbirth. • List personal goals that could suffer as a result of an unplanned pregnancy • Explain the effectiveness of various contraceptive measures, and recognize the benefits of choosing abstinence • Explain the structure and function of the human reproductive system |
| <p>CONSUMER & COMMUNITY HEALTH <i>*integrated throughout</i></p> <p>Labels/Health Related Products Resource Evaluation Public Health Policies and Government Influence Positive Health Choices Organ and Tissue Donation</p> | <p>SKILLS</p> <ul style="list-style-type: none"> • Access and evaluate health information on labels & health promoting products and services • Identify and explain the roles of consumer health agencies such as FDA, public health department, community blood center, Red Cross, CDC, etc. • Evaluate the impact of technology on personal, family and community health • Explain patient's rights including privacy issues under HIPAA • Understand the impact of lifestyle choices which affect health care options/costs • Recognize societal influences on personal health decisions (ie.TV, friends, advertising, etc.) • Recognize the effect and legal regulations on health and safety of others. (i.e. Smoking, drunk driving, littering, etc.) • Identify the benefits of organ and tissue donation • Discuss ways to give permission for organ and tissue donation |