

COURSE: 15:1 Health
GRADE LEVEL: 9-12

| MAIN/GENERAL TOPIC: | SUB-TOPIC: | ESSENTIAL QUESTIONS: | WHAT THE STUDENTS WILL KNOW OR BE ABLE TO DO: | SKILLS: | WHEN STUDENT DOES IT: | ASSESSMENTS: |
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| INTRODUCTION TO HEALTH & WELLNESS | Health & Wellness | <ul style="list-style-type: none"> • What does "Health" mean? "Wellness"? • How could my Health Triangle be improved? • Where do I fall on the Wellness Scale? | <ul style="list-style-type: none"> • Description of health and wellness, including the Health Triangle and the Wellness Scale | <ul style="list-style-type: none"> • Self Management | Week 1 | <ul style="list-style-type: none"> • Creation of personalized Health Triangle and Wellness Scale |
| | Factors Affecting Health Status | <ul style="list-style-type: none"> • What or who endangers my ability to be healthy? • What or who helps me to become healthy? | <ul style="list-style-type: none"> • Description of health status, various factors and people affecting health status | <ul style="list-style-type: none"> • Self Management | Week 1 | <ul style="list-style-type: none"> • Discussion of various factors • Quiz |
| | Understanding Health Concepts | <ul style="list-style-type: none"> • What is a "Health Concept"? How does it relate to real life? • Where can you go to access health information, products, or services? | <ul style="list-style-type: none"> • Definition of health concept • How to use the health concept model to make decisions • How to access health information products and services • How to determine if a product or service is credible/reliable • How to be a wise consumer | <ul style="list-style-type: none"> • Personal Management • Decision making | Week 1 Week 2 | <ul style="list-style-type: none"> • Glens Falls health information, products and services • Health ads credibility scale • Health Quackery presentation |
| INTRODUCTION TO HEALTH & WELLNESS | Health Behaviors | <ul style="list-style-type: none"> • What's the difference between a behavior and a habit? • What are the top 6 risky behaviors for teens? • How are your | <ul style="list-style-type: none"> • Determine difference between a behavior and a habit • Learn the CDC's 6 categories of risk behavior in teens • Evaluate health through inventory | <ul style="list-style-type: none"> • Self Management • Decision making • Planning & goal setting | Week 2 | <ul style="list-style-type: none"> • Health & Wellness behavior inventory • Goals contract • Journal entries |

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| | | behaviors and habits affecting your health? | | | | |
| MENTAL & EMOTIONAL HEALTH | The Brain | <ul style="list-style-type: none"> How do I learn? Remember? What's in my brain? | <ul style="list-style-type: none"> Fetal development of brain Anatomy of the brain | <ul style="list-style-type: none"> Self Management | Week 3 | <ul style="list-style-type: none"> Memory and learning activities Multi-Intelligence assessment |
| | Self-Esteem | <ul style="list-style-type: none"> What's positive self-esteem? Negative self-esteem? How does my self-esteem affect my life? | <ul style="list-style-type: none"> Positive self-esteem vs. negative self-esteem Methods for improving self-esteem | <ul style="list-style-type: none"> Self Management Planning & goal setting | Week 3 | <ul style="list-style-type: none"> Self-esteem evaluation Coat of Arms Support System |
| | Building Supportive Relationships | <ul style="list-style-type: none"> What are listening blocks? Who are you comfortable sharing personal information with? Why? | <ul style="list-style-type: none"> The listening blocks Ways to build supportive relationships | <ul style="list-style-type: none"> Communication Relationship Management | Week 3 | <ul style="list-style-type: none"> Listening block scenarios Support |
| | Conflict | <ul style="list-style-type: none"> How do you respond to conflict? How can conflict affect your overall health? | <ul style="list-style-type: none"> Sources of conflict Conflict patterns Conflict resolution | <ul style="list-style-type: none"> Self Management Relationship management | Week 3 Week 4 | <ul style="list-style-type: none"> How I act in conflicts evaluation Sources of conflict Conflict scenarios |
| | Stress - Relaxation techniques | <ul style="list-style-type: none"> What is stress? How can stress affect my health? | <ul style="list-style-type: none"> Various forms of positive and negative stress Effects of stress on the body Effective time management Relaxation techniques | <ul style="list-style-type: none"> Self Management Time Management Planning & goal setting | Week 4 | <ul style="list-style-type: none"> Time Management plan Adolescent Life Change Event Scale Relaxation techniques Class presentations |
| | Mental Health | <ul style="list-style-type: none"> What is good mental health How do disabilities affect my mental health | <ul style="list-style-type: none"> Causes of mental disorders Treatment of mental disorders Disabilities awareness | <ul style="list-style-type: none"> Self Management communication Decision Making | Week 4 | <ul style="list-style-type: none"> Class discussions Guest speakers |

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| | Disordered Eating Media's Influence on eating | <ul style="list-style-type: none"> • What is disordered eating | <ul style="list-style-type: none"> • Various forms of disordered eating • Media's influence on weight loss • Fad Diets | <ul style="list-style-type: none"> • Self Management • Communication | Week 4 | <ul style="list-style-type: none"> • Quiz • Fad Diet presentation |
| | End of Life Issues | <ul style="list-style-type: none"> • How can I help when someone dies | <ul style="list-style-type: none"> • Expected and unexpected death | <ul style="list-style-type: none"> • Communication | Week 5 | <ul style="list-style-type: none"> • Condolence letter • Obituary |
| | Depression/ Suicide | <ul style="list-style-type: none"> • How can I tell if I'm depressed? • Where can I go for help? | <ul style="list-style-type: none"> • Forms of depression • Where to get help • Suicide warning signs | <ul style="list-style-type: none"> • Self Management • Relationship Management | Week 5 | <ul style="list-style-type: none"> • Class discussion • Exam • Journal entries |
| NUTRITION | Digestive System | <ul style="list-style-type: none"> • How does digestion occur? | <ul style="list-style-type: none"> • Anatomy & physiology of the digestive system • Discussion of digestive disorders | <ul style="list-style-type: none"> • Self Management | Week 6 | <ul style="list-style-type: none"> • Identify parts of the digestive system and their functions |
| | Dietary Guidelines, Revised Food Pyramid | <ul style="list-style-type: none"> • What should I be eating? • Why should I be eating that? | <ul style="list-style-type: none"> • Dietary Guidelines • Revised 2005 Food Pyramid • Typical American Diet • Goals of an improved diet | <ul style="list-style-type: none"> • Self Management • Decision Making • Planning & Goal setting | Week 6 | <ul style="list-style-type: none"> • Personal Diet Inventory |
| | What's in My Food? | <ul style="list-style-type: none"> • What are the 6 classes of nutrients? • How do nutrients affect my body & mind? • How should I read a food label? | <ul style="list-style-type: none"> • 6 nutrients – examples & functions of each • Antioxidants • Food additives • % calorie calculations | <ul style="list-style-type: none"> • Self Management • Decision Making | Week 7 Week 8 | <ul style="list-style-type: none"> • Nutrient puzzles • Food label activities – comparison and calculations |
| CHRONIC ILLNESS | Controllable & Uncontrollable risk factors | <ul style="list-style-type: none"> • What are controllable risk factors? • Uncontrollable risk factors? | <ul style="list-style-type: none"> • Controllable and uncontrollable risk factors for various chronic illnesses | <ul style="list-style-type: none"> • Self Management • Decision Making • Planning & Goal Setting | Week 8 | <ul style="list-style-type: none"> • Health Genogram |
| | Chronic Illness Projects | <ul style="list-style-type: none"> • How can I decrease my risk for a chronic illness? | <ul style="list-style-type: none"> • Controllable and uncontrollable risk factors for a specific illness, symptoms, treatment options | <ul style="list-style-type: none"> • Communication • Advocacy | Week 9 | <ul style="list-style-type: none"> • Chronic illness project |
| ALCOHOL, TOBACCO & OTHER DRUGS | Responsible Decision Making Model | <ul style="list-style-type: none"> • How can I make responsible decisions? | <ul style="list-style-type: none"> • Steps of the responsible decision making model • Various decision making styles | <ul style="list-style-type: none"> • Decision making • Communication • Self Management | Week 10 | <ul style="list-style-type: none"> • Drug related scenarios • Rate the drug related behaviors |

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| | Drug Classifications | <ul style="list-style-type: none"> • What are the different drug classifications? • How can each drug affect the mind & body? | <ul style="list-style-type: none"> • 6 Major drug classifications | <ul style="list-style-type: none"> • Self Management • Decision Making | Week 11 | <ul style="list-style-type: none"> • Drug information stations |
| | Tobacco Products | <ul style="list-style-type: none"> • How does tobacco harm the body? • How does the media portray tobacco use? | <ul style="list-style-type: none"> • Effects of cigarette & cigar smoking and smokeless tobacco • Tobacco advertising | <ul style="list-style-type: none"> • Self Management • Decision making • Planning & Goal setting | Week 11 | <ul style="list-style-type: none"> • Tobacco Advertisement analysis • Tobacco "Badvertisements" |
| | Alcohol | <ul style="list-style-type: none"> • How do teens view alcohol? • What can be done to decrease drinking and driving? • What is binge drinking? | <ul style="list-style-type: none"> • Effects of alcohol on the mind & body • Emotional aspect of alcohol use • Drinking and driving • Fetal alcohol syndrome | <ul style="list-style-type: none"> • Self Management • Decision making • Planning & Goal setting | Week 12 | <ul style="list-style-type: none"> • Respect activity (& how alcohol can affect behavior) • Law revisions for drinking and driving • What if situations |
| | Marijuana | <ul style="list-style-type: none"> • How can marijuana affect the mind & body? • What is reverse tolerance? | <ul style="list-style-type: none"> • Effects of marijuana on the mind & body • Reverse tolerance reaction | <ul style="list-style-type: none"> • Self Management • Decision Making • Communication | Week 12 | <ul style="list-style-type: none"> • Mock letter to a friend addicted to Marijuana • quiz |
| | Club Drugs | <ul style="list-style-type: none"> • What are club drugs? | <ul style="list-style-type: none"> • Various club drugs and the subsequent dangers including sexual violence | <ul style="list-style-type: none"> • Self Management • Decision Making | Week 13 | <ul style="list-style-type: none"> • Club drug scenarios addressing various risks of use • quiz |
| | Neurotransmitters | <ul style="list-style-type: none"> • How can drugs affect a person long-term? • Can drugs affect how a person learns? | <ul style="list-style-type: none"> • Various neurotransmitters and their functions • How drugs affect them • Addiction | <ul style="list-style-type: none"> • Self Management • Decision Making | Week 13 | <ul style="list-style-type: none"> • Plot internal reactions from the Use of Various Drugs |
| | Gambling Addiction | <ul style="list-style-type: none"> • What is gambling addiction? • How can I tell if I'm addicted to gambling? | <ul style="list-style-type: none"> • Elements of gambling addiction • Where to go for help • How to help a friend | <ul style="list-style-type: none"> • Self Management • Decision Making • Communication • Advocacy | Week 14 | <ul style="list-style-type: none"> • Gambling Scenarios |

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| | Refusal Skills | <ul style="list-style-type: none"> • What are refusal skills? • How can I use refusal skills in a comfortable way? | <ul style="list-style-type: none"> • Various refusal methods • Aspects of communication | <ul style="list-style-type: none"> • Decision Making • Communication • Relationship Management | Week 14 | <ul style="list-style-type: none"> • Anti-drug presentations |
| REPRODUCTIVE HEALTH | Reproductive Anatomy & Physiology | <ul style="list-style-type: none"> • What is a menstrual cycle? • What hormones do males and females have? • What is conception? | <ul style="list-style-type: none"> • Male reproductive system including testicular self-exams • Female reproductive system including breast self-exams, menstrual cycle • Conception, pregnancy & delivery | <ul style="list-style-type: none"> • Self Management | Week 14 | <ul style="list-style-type: none"> • Discussion • Labeled Diagrams • quiz |
| | Human Sexuality | <ul style="list-style-type: none"> • What are the five circles of sexuality? • How do others influence our values? | <ul style="list-style-type: none"> • 5 Circles of Sexuality including Sensuality (body image), Intimacy (feelings), Sexual Identity, Sexual Health & Reproduction, and Sexualization • Values System and how it is influenced by others • Media portrayal of sexuality | <ul style="list-style-type: none"> • Self Management • Relationship Management • Communication • Decision Making | Week 14 | <ul style="list-style-type: none"> • Discussion, Friends, Family, Media Value Activity • The River (activity depicting the many influences on a teen's life) |
| | Sexually Transmitted Diseases | <ul style="list-style-type: none"> • What are the different types of STD's? • How can they be transmitted? • How can STD's be prevented? | <ul style="list-style-type: none"> • STD's – bacterial, viral (including HIV/AIDS) and parasitic • Methods of transmission • Prevention methods | <ul style="list-style-type: none"> • Self Management • Relationship Management • Communication • Decision Making | Week 15 | <ul style="list-style-type: none"> • Discussion • quiz |
| | Abstinence Education | <ul style="list-style-type: none"> • What is abstinence? • Why is it recommended? | <ul style="list-style-type: none"> • Description of abstinence & its advantages for physical, emotional and social health | <ul style="list-style-type: none"> • Self Management • Relationship Management • Communication • Decision Making | Week 16 | <ul style="list-style-type: none"> • Abstinence Activity (includes discussion of abstinence and why many young people choose it) |
| | Gender Roles/ Relationships | <ul style="list-style-type: none"> • What is a gender role? • What is a gender bias? • How can gender roles and biases affect relationships? | <ul style="list-style-type: none"> • Discussion of identity – gender role, gender bias, gender identity | <ul style="list-style-type: none"> • Relationship Management • Communication | Week 16 | <ul style="list-style-type: none"> • Gender scenarios (addressing bias, behaviors & communication) • Unit Exam • Journal Entries |

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| RESPONDING TO EMERGENCIES | Emergency Situations | <ul style="list-style-type: none"> • What qualifies as an emergency? • How can I keep myself safe and healthy? | <ul style="list-style-type: none"> • Various emergency situations • Most common emergencies for adults, children & infants | <ul style="list-style-type: none"> • Self Management | Week 17 | <ul style="list-style-type: none"> • Home Safety Plan |
| | Adult, Child & Infant CPR | <ul style="list-style-type: none"> • How is CPR performed? • Abdominal thrusts? • How is an AED used? | <ul style="list-style-type: none"> • CPR for adults, children & infants • Relieving choking • Using an AED | <ul style="list-style-type: none"> • Self Management • Communication • Advocacy | Week 17 Week 18 | <ul style="list-style-type: none"> • Skills Test • Written Exam |