



North Polk Community Schools Pacing & Course Description Guide



Grade Level: 10-12

Content: Health 2

Year: 2022-2023

Course Description/Rationale

This class will use the foundation of information that students learned in Health 1 and will go more in depth with some of the subjects; allowing students to execute the skill of advocacy and raise awareness to others in the community through a variety of projects/activities. Students will further their knowledge of the health skills and apply those skills to their everyday life. Students may also have the opportunity to explore and learn about different health science career paths and the skills and/or education needed within those specific health fields.

**Topics/skills covered may vary depending upon class size and/or interest of students.*

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Accessing Valid & Reliable Resources	~2 weeks (used throughout the entire semester in a variety of other topic areas)	3.12.1 Evaluate the validity of health information, products, and services. 3.12.2 Use resources from home, school, and community that provide valid health information. 3.12.5 Access valid and reliable health products and services.	Standard 3 Students will demonstrate the ability to access valid information, products, and services to enhance health.
Adult, Child, & Infant CPR/AED & First Aid	~2-3 weeks	1.12.5 Propose ways to reduce or prevent injuries and health problems. 4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health. 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others. 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations. 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others	<u>Standard 1</u> Students will comprehend concepts related to health promotion and disease prevention to enhance health. <u>Standard 2</u> Students will analyze the influence of family, peers, culture, media, technology, and other factors on health

			behaviors. <u>Standard 7</u> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. <u>Standard 4</u> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Body Systems Project	~2 weeks	1.12.5 Propose ways to reduce or prevent injuries and health problems. 3.12.5 Access valid and reliable health products and services. 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others	<u>Standard 1</u> Students will comprehend concepts related to health promotion and disease prevention to enhance health. <u>Standard 3</u> Students will demonstrate the ability to access valid information, products, and services to enhance health. <u>Standard 7</u> Students will demonstrate the ability to practice health-enhanc

			ing behaviors and avoid or reduce health risks.
ABC Topic Book/Passion Project (occurs throughout the entire semester)	All Year	4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health. 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others. 8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message. 8.12.2 Demonstrate how to influence and support others to make positive health choices. 8.12.3 Work cooperatively as an advocate for improving personal, family, and community health. 8.12.4 Adapt health messages and communication techniques to a specific target audience	<u>Standard 4</u> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. <u>Standard 8:</u> Students will demonstrate the ability to advocate for personal, family, and community health.
Meal Planning Project	~3 weeks	1.12.5 Propose ways to reduce or prevent injuries and health problems. 3.12.5 Access valid and reliable health products and services. 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others	<u>Standard 1</u> Students will comprehend concepts related to health promotion and disease prevention to enhance health. <u>Standard 3</u> Students will demonstrate the ability to access valid information, products, and services to enhance health. <u>Standard 7</u> Students will demonstrate the ability to practice

			health-enhancing behaviors and avoid or reduce health risks.
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