Lakewood High School
Health Course of Study

Grade: 10
Course: High School Health
Year: 2016

Pacing	Topic	Content Standards	Unpacked Standards - Content What is this standard asking students to know and be able to do?	Process May be included but not limited to:
3 weeks	**Nutrition and Fitness** Nutritional Value of food Organic and Natural foods Food Additives Obesity related diseases	Standard 1: The students will comprehend concepts related to health promotion and disease prevention to enhance health.	I can… state the benefits of being fit describe the 5 components of fitness describe the importance of being fit. summarize the role of skill related fitness. identify the signs of over training. describe the RICE method of treating minor sports injuries. describe ways to avoid injuries. summarize the importance of wearing safety equipment. describe the function of vitamins and minerals identify the importance of drinking enough	Video: 10 Reasons to get and stay in shape Video: My Plate; Create a Great Plate Power Point Presentation Fitness and Nutrition Blood Pressure and BMI readings Body Fat % measures and waist size Grip Strength Lifetime Health

			water. summarize the dietary guidelines for Americans. name the six classes of nutrients. identify the functions of Carbohydrates, Fats, and Proteins in your diet. describe health disorders linked to high levels of saturated fat in your diet.	(HOLT) Chapters 6 and 7 worksheets Video: Killer At Large Fitness and Nutrition Jeopardy Test Review
		Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.	I can… identify community resources available to maintain a good level of fitness. analyze nutritional information on food labels. differentiate between beneficial and non-beneficial health care products. describe what the Recommended Dietary Allowances (RDAs) are.	Lifetime Health (HOLT) Chapters 6 and 7 worksheets www.CHOOSEMYPLATE.GOV
		Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	I can… calculate my resting heart rate. design and implement a personal fitness program.	Lifetime Health (HOLT) Chapters 6 and 7 worksheets Personal Health

			describe examples of healthful snacks. identify why certain foods are called junk foods. compare the dietary needs of infants, children, teenagers, and adults.	Journals
		Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	I can… identify various media outlets that promote fitness and/or nutrition. describe how internet resources can be beneficial in promoting and maintaining a fit lifestyle.I can…	Lifetime Health (HOLT) Chapters 6 and 7 worksheets Personal Health Journals www.CHOOSEMYPLATE.GOV Portion Distortion activity
		Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health. Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	I can… identify ways to reduce the amount of saturated fat, salt, and sugar in my diet by making wise food choices.	Lifetime Health (HOLT) Chapters 6 and 7 worksheets Power Point

			describe the need for fiber in your diet. identify reasons why vegetarians need to carefully plan their diet. list ways to improve sleeping habits. evaluate the use of FITT formula in fitness training. describe important factors to think about before starting a fitness program. describe the steps involved in designing a fitness program. describe the important factors to think about before starting a fitness program. Determine whether my diet meets the MYPLATE recommendations.	Presentation Health Smart Websites Smash Your Food fat and sugar analysis Fitness and Nutrition Power Point Developing Fitness Goals
		Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.	I can… describe the importance of physical fitness for all ages and abilities. describe why sleep is important to your health. explain how diet can affect your health. identify the purpose of the MYPLATE food guidance system and identify foods from each of its food groups.	Lifetime Health (HOLT) Chapters 6 and 7 worksheets Personal Health Journals

				Video: 10 Reasons to get and stay in shape MYPYRAMID.GOV web activity Lifetime Health (HOLT) Chapters 6 and 7 worksheets Personal Health Journals
1- 2 weeks	**Tobacco** Diseases Chemical Content Consumers how they market -targets Methods to Stop Nicotine Addiction	Standard 1. The Student will comprehend concepts related to health promotion and disease prevention.	I can…. identify various carcinogens in tobacco. identify the dangerous chemicals in tobacco smoke. identify the addictive drug in tobacco. list the 6 types of tobacco products. state the short term effects of tobacco use. summarize the long term health risks associated with tobacco use. state the effects of secondhand smoke on the body.	Video: Secrets Through The Smoke Video: I Can't Breathe Tobacco Powerpoint Lifetime Health - Holt Chapter 11 worksheets Guest Speaker : American Lung Association Emphysema: Real Lung Demonstration

		Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health. Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	describe how smoking affects unborn children whose mothers smoke during pregnancy. discuss the factors that contribute to tobacco use. recognize manipulative and deceitful practices implemented by the Tobacco Industry. identify and give examples of methods society uses to reduce the sale and use of tobacco products.	Emphysema simulation -bubble wrap and straws
1-2 Weeks	**Alcohol** Diseases Risk Factors BAC -weight, gender Legal Consequences	Standard 1: The students will comprehend concepts related to health promotion and disease prevention to enhance health.	I can… describe how alcohol affect the brain. summarize the role of withdrawal in maintaining drug addiction. list the short term effects of Alcohol describe the long-term damage of alcohol on the organs of the body. describe the stages of Alcoholism	Speaker on legal consequences Video: Alcohol (Learning Company) Video: Addiction and the Brain (HRM) DWI Eyes (Drunk Goggles) Alcohol Power Point

			identify the warning signs of alcoholism.	Ultimate Quiz Show Test review (Deca Software) Lifetime Health -HOLT Chapter 10 worksheets
		Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.	describe the principles that describe effective alcohol abuse treatment. list the legal consequences of underage drinking. summarize treatment options for alcoholism.	
		Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health. Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	identify reasons not to drink alcohol. list ways to refuse alcohol and other drugs if offered to you. identify advertising techniques used by companies to sell their products.	

			discuss the impact media messages have on teenagers in regards to alcohol and tobacco use.	
		Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	describe how alcoholism affects society. identify the role alcohol plays in teenage driving accidents.	
		Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.		
3 Weeks	**Drugs** OTC Prescription Illegal Misuse and Abuse	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	I can… identify the different types of medicines and the effects on the body. identify different ways drugs enter the body.	Heroin Team Recovering Addicts Video: Club Drugs (HRM)

	Different Categories and effect on the body		state reasons why prescriptions are required for some medicines. describe problems that can occur when taking medicines. describe how drugs affect the brain. list ways illegal drug use can be dangerous. identify the reasons why drug abuse is especially dangerous in teens. describe the effects of Marijuana on a person's behavior. summarize the effects of four commonly abused illegal drugs on the body. identify the reason inhalants can be deadly. compare the dangerous effects of 5 types of "club drugs" or designer drugs. summarize the dangerous effects of anabolic steroids. describe the dangerous risks of using depressants, stimulants, opiates, and hallucinogens for non -medical uses. summarize the dangerous effects of Rohypnol and GHB. describe the dangerous physical and social effects of addiction to opiates such as heroin. describe the principles that describe effective drug abuse treatment	Video: World's Most Dangerous Drug (National Geographic) PowerPoint: Drugs Drug Category Activity Lifetime Health-HOLT Chapter 9 and 12 worksheets

2 weeks	**Mental Health** Disorders Bullying-social media/ effects	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Standard 3 : Students will demonstrate the ability to access valid information, products, and services to enhance health. Standard 4: Students will demonstrate the ability to use	I can… differentiate between passive, assertive, and aggressive communication styles. describe positive strategies for managing your emotions. describe different causes of stress. differentiate between positive and negative stress. identify abusive behavior. define sexual abuse. describe facts about sexual assault and rape. _____ identify community resources available for mental health problems. list various signs of mental disorders. summarize the causes of mental disorders. describe what mental disorders are. _____ describe characteristics of positive mental	2 day presentation suicide prevention Speaker - Cleveland Rape Crisis Center Anorexia/Bulemia Guest Speaker Lifetime Health Text Book (HOLT) Chapters 3,4 and 5 worksheets Powerpoint presentation on … *Defense Mechanisms * Mental Disorders *Stress Management *Steroid abuse HRM Video: Understanding Eating Disorders Discovery Health Video: Cruel Schools (Bullying) HRM Video: Fears and Phobias Daily Health Journal

		interpersonal communication skills to enhance health and avoid or reduce health risks. Standard 5 : Students will demonstrate the ability to use decision-making skills to enhance health. Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.	health. identify the limitations of defense mechanisms. evaluate the effect of positive attitude on stress reduction. list ways that you can manage your time more efficiently. describe how you can take of yourself to avoid stress-related illnesses. _____ identify the influences television and movies have on numerous mental disorders. describe how violence and abuse in television, movies , and video games can impact behavior. _____ summarize why good communication is important. describe ways to resolve conflicts without violence. state ways to avoid dangerous situations. describe how people are affected by the violence around us. _	Unit Test and Quiz Mental Health Jeopardy Test Review Video: The Columbine Killers:

		Standard 7 :Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	_____ identify factors that lead to bullying and violence. develop a personal plan of how to handle a situation in which you, or a friend., is being bullied. list ways to protect yourself from sexual abuse. _____ list actions you can take to protect yourself from abuse. identify help that is available for those in abusive relationships.	
4 weeks	**Human Development and Sexuality** Relationships SADDVS Exploration of Teen Dating Violence, Sexual Violence & Stalking Upstander and	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	I can… compare the physical changes that occur in boys and girls during adolescence. describe the mental and changes that occur during adolescence. identify the added responsibilities teens have during adolescence. list behaviors that promote health aging. identify the opportunities middle adulthood offers. identify the difficulties that teenagers who are married may face.	Guest Speaker Presentations on: Human Sexuality, Healthy Relationships, Anatomy, Gender and Identity, Shared Responsibility, Risk Reduction, and Negotiation Lifetime Health Text Book (HOLT) Chapters 16,17, 18, 19 , and 20

	Bystander Intervention Communicate personal rights LCSD zero tolerance policy on violence & abuse Sexual Attraction Conception to Birth Contraception		describe the functions of the reproductive organs summarize problems that occur in the reproductive organs. list ways to keep the reproductive system healthy. describe changes in the body during the menstrual cycle. describe how a human life begins. summarize how a baby develops during the 3 trimesters of pregnancy. identify problems that can occur during pregnancy describe the stages of child birth. list 3 changes that occur during early child development. _____	worksheets Powerpoint *Relationships *Reproduction *Pregnancy Human Development *Contraception Discovery Health Video: Science of Sex Appeal National Geographic Video: In the Womb TLC Video: Teen Species Daily Health Journal Human Sexuality Introduction Activity
		Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Standard 3 : Students will demonstrate the ability to access	describe the responsibilities of married partners. name 3 responsibilities of parenthood. identify how a parent's behavior can affect his/her children. name characteristics of a healthy family. discuss why family relationships are important.	Teen dating and relationship group discussion Trimester Chart Activity Reproduction Anatomy diagrams Evaluating Friendships Activity Cleveland Rape and Crisis Center

		valid information, products, and services to enhance health. Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Standard 5 : Students will demonstrate the ability to use decision-making skills to enhance health. Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	_____ state why teen relationships are important. list positive characteristics to look for in a dating partner. describe appropriate dating behavior. state things you can do to maintain a healthy relationship with your partner. _____ define abstinence. describe the health benefits of teen sexual abstinence. describe the emotional and social benefits of teen sexual abstinence. discuss how to verbally and non verbally refuse sexual advances. list risk factors that can cause teens to become sexually active. identify possible consequences of sexual activity before marriage. describe how pregnancy can affect the lives of teen parents and the babies of teens. _____ predict how a pregnancy now would affect your life goals.	Presentation

		Standard 7 :Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	_____ summarize problems that occur in the reproductive organs. list ways to keep the reproductive system healthy. list risk factors that can cause teens to become sexually active. identify possible consequences of sexual activity before marriage. describe how pregnancy can affect the lives of teen parents and the babies of teens. predict how a pregnancy now would affect your life goals. _____	
		Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.	list behaviors that promote health aging. identify the opportunities middle adulthood offers. identify the difficulties that teenagers who are married may face. list risk factors that can cause teens to become sexually active. name characteristics of a healthy family.	

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2-3 weeks	**Disease Prevention and Control** **STI/STD** education on infectious diseases differences in bacterial and fungal symptoms, complications , curable, incurable HIV AIDS	Standard 5 : Students will demonstrate the ability to use decision-making skills to enhance health. Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	I can… _____ summarize five things a person can do to stay well. describe how immunity to a disease develops. state three things you should do when you are sick. list three things you can do to prevent the spread of infectious disease. _____ identify the symptoms and treatments of common bacterial STDs. identify five different agents that can cause infectious disease. list four ways infectious disease spread. describe two different treatments for infectious disease. list two ways to help prevent the development of antibiotic resistant bacteria. describe how the body fights infection. identify the symptoms and treatments of common viral STDs	Guest Speaker Presentations on: Human Sexuality, Healthy Relationships, Anatomy, Gender and Identity, Shared Responsibility, Risk Reduction, and Negotiation Group Activity: Spreading Pathogens Power Point: *Infectious Diseases *STDs Group Activity: Biological Weapons Lifetime Health Text Book (HOLT) Chapter 13 worksheets Chapter 20 and 21 worksheets Express Lesson: Immune System Activity: Barriers to infection

		Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	identify the symptoms and treatments of common parasitic STDs describe how STDs can be spread from one person to another. list examples of ways STDs can damage a person's health. distinguish between an HIV infection and AIDS. describe how HIV infects the body's immune system. identify three ways that HIV is spread. list five ways that HIV is not spread. _____ name the three areas in the world that have the greatest number of people living with HIV/AIDS. _____ describe two types of pressures to become sexually active. discuss how to verbally and nonverbally refuse sexual advances. discuss nonsexual ways to show someone that you care. _____	Unit Test and Quiz Lifetime Health: Analyzing Data: Vaccinations Activity Planned Parenthood

		Standard 3 : Students will demonstrate the ability to access valid information, products, and services to enhance health. Standard 7 :Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.	identify four ways to help an HIV/AIDS program in the community. State three ways a person living with HIV infection can delay the progression from HIV infection to AIDS. _____ list four ways to protect myself from STDS, HIV and AIDS.	