

**Union County Educational Services Commission
High School Course Syllabus**

Title: Health/Physical Education II

Timeline: Full Year; 5 Credits

Course Description:

Physical Education II continues to provide students with opportunities to develop and refine necessary motor skills, improve and maintain physical wellness, participate in lifetime physical activities, and engage in social interaction. Students will participate in units from the following categories: recreational team sports, individual/lifetime activities, leisure activities, yoga, team building and cooperative learning activities, competitive team sports, and physical fitness testing.

Health II includes alcohol and substance abuse, prescription drug abuse, addiction/treatment, refusal skills and good self-esteem. In addition, CPR and First Aid will be reviewed per New Jersey Department of Education Statute.

Scope and Sequence (PE):

- I. Fitness
- II. Team Sports
- III. Individual Sports
- IV. Cooperative Games

Scope and Sequence (Health):

- I. Medicine and Drugs
- II. Tobacco Use and Abuse
- III. Alcohol Use and Abuse
- IV. Illegal Drugs
- V. CPR
- VI. First Aid

Refer to the attached curriculum map for a detailed outline of course objectives.

Curriculum Alignment:

NJ Student Learning Standards - Comprehensive Health and Physical Education

Grading Procedures:

Do Now	10%
Participation	20%
Class Assignments	50%
Assessments	20%

Adoption Date:

Union County Educational Services Commission
Curriculum Mapping Format: Health II

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Length of Unit	6 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks
Topics	Medicine and Drugs	Tobacco Use and Abuse	Alcohol Use and Abuse	Illegal Drugs	CPR	First Aid
Standards	<p>2.3.12.A.1 - Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.</p> <p>2.3.12.A.2 - Summarize the criteria for evaluating the effectiveness of a medicine.</p> <p>2.3.12.A.3 - Relate personal abuse of prescription and over-the-counter medicines to wellness.</p>	<p>2.3.12.B.1 - Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.</p>	<p>2.1.12.D.3 - Analyze the relationship between alcohol and drug use and the incidence of motor vehicle crashes.</p> <p>2.3.12.B.1 - Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.</p> <p>2.3.12.B.3 - Correlate increased alcohol use with challenges that may occur at various life stages.</p> <p>2.3.12.B.4 - Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended</p>	<p>2.1.12.D.3 - Analyze the relationship between alcohol and drug use and the incidence of motor vehicle crashes.</p> <p>2.3.12.B.1 - Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.</p> <p>2.3.12.B.2 - Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.</p> <p>2.3.12.B.4 - Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.</p>	<p>2.1.12.D.6 - Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.</p>	<p>2.1.12.D.6 - Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.</p>

			pregnancy.	<p>2.3.12.B.5 - Relate injected drug use to the incidence of diseases such as HIV/AIDS and hepatitis.</p> <p>2.3.12.C.1 - Correlate duration of drug abuse to the incidence of drug-related injury, illness, and death.</p> <p>2.3.12.C.2 - Analyze the effectiveness of various strategies that support an individual's ability to stop abusing drugs and remain drug-free.</p> <p>2.3.12.C.3 - Analyze the societal impact of substance abuse on the individual, family, and community.</p>		
Content	<p>Classification of Medicines</p> <p>Effects of Medicines</p> <p>Forms of Medicines: (prescription medicines, over-the-counter medicines, medicinal supplements)</p> <p>Ways to Take Medicine Safely</p>	<p>Forms of Tobacco</p> <p>Health Risks of Tobacco</p> <p>Nicotine</p> <p>Strategies for Avoiding Tobacco ; (reducing peer pressure, surrounding yourself with positive influences, and refusal skills)</p>	<p>Effects of Alcohol on Different People</p> <p>Short Term and Long Term Effects of Alcohol Use</p> <p>Factors Leading to Teen Alcohol Use: (peer pressure, family, and media messages)</p>	<p>Drug Use and Abuse as Life Threatening Behaviors</p> <p>Physical and Mental Effects of Marijuana, Inhalants, and Anabolic Steroids.</p> <p>Effects of Psychoactive Drugs</p>	<p>In a medical emergency, a victim's life depends on a specific series of actions called the chain of survival The 4 main links include, a call to emergency services, CPR, defibrillation and advanced care</p> <p>"Hands Only" CPR</p>	<p>The first steps in an emergency are to check, call, and care (3 C's)</p> <p>Universal precautions are taken to prevent the spread of disease through blood or other body fluids (Ex: wearing gloves and washing hands immediately after providing first aid)</p> <p>Different types of wounds including: abrasions, lacerations, punctures and avulsions</p>
Skills	Students will be able to identify	Students will be able to identify the long	Students will be able to identify the factors	Students will be able to identify factors that	Students will be able to identify an	Students will be able to demonstrate first-aid

	<p>the four categories that medicines that treat or prevent illnesses are broken into Students will be able to summarize the criteria for evaluating the effectiveness of a medicine</p>	<p>and short term effects of tobacco use Students will be able to explain how to end the addiction cycle and also explain how someone can get help in quitting tobacco use</p>	<p>that influence alcohol's effects, including body size, gender and food Students will be able to explain how extended use can be harmful for one's relationships with family and friends</p>	<p>influence teens which include, peer pressure, family members, role models, media, perceptions of drug behavior and misleading information Students will be able to identify the health risks associated with marijuana use and psychoactive drugs</p>	<p>unconscious person and be able to properly perform Hands Only CPR until a professional arrives (Push hard and fast in the center of the chest at a pace of 100 beats per minute) Successfully demonstrated by each student.</p>	<p>procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies</p>
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