Elizabethtown Area School District

Health – Grade 11

Course Number: 005
Grade Level: 11th Grade
Length of Period: 80 minutes
Periods per Week/Cycle: 2/3
Credits (if app): .5
Weighting: 1.0

Length of Course: 45 class periods
Total Clock Hours: 60 hours
Date Written: March 2007
Written By: Secondary H/PE Dept.

Course Description:

This course provides valuable information and skills to better enable students to lead a healthier, happier life today and into the future. Wellness will be the focus of this course as students are made aware of how decisions and choices they make on a daily basis have an impact on their physical, mental, emotional, and social well-being. The units include: nutrition, human sexuality, consumer health, community health, and first aid/CPR.

Course Prerequisite: 9th Grade Health

I. Overall Course/Grade Level Standards

Students will KNOW and be able TO DO the following as a result of taking this course.

A. Evaluate factors that impact growth and development from conception through late adulthood.
B. Analyze factors that impact nutritional choices of adults.
C. Analyze nutritional concepts that impact health.
D. Examine strategies to improve and maintain quality relationships.
E. Evaluate health care products and services that impact adult health practices.
F. Examine the interrelationship between environmental factors and community health.
G. Detect signs and symptoms of illness and disease and examine prevention and intervention strategies and services.
H. Analyze the impact that responsible decision-making can have on improving personal health status.
I. Describe factors that impact nutritional choices of adolescents and adults.
J. Identify factors that influence the prevention and control of health problems.
K. Identify factors that impact adult health consumer choices.
L. Recognize the health services provided by various community health organizations.
M. Identify risk factors that contribute to adult diseases and disorders.
N. Identify the impact that abusive relationships have on the individual and community.
O. Identify steps of responsible decision-making and recognize the impact that personal behavior choices have on overall wellness levels.
P. Recognize stages of human growth and development from conception through late adulthood.
Q. Identify qualities of supportive, healthy relationships and discuss skills to improve communication and reduce conflict with others.
R. Recognize and perform the steps necessary in an emergency situation.
S. Demonstrate proper care for wounds, burns, and fractured limbs.
T. Demonstrate proper care for heat and cold-related emergencies.

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II. Content

Major Areas of Study

List all units of study below:

Unit	Estimated Time	Materials
1. Nutrition Unit	13 lessons	Handouts, transparencies, power point presentations, LCD projector, laptop cart, art supplies, models, supplemental videos
2. Human Sexuality	9 lessons	Handouts, transparencies, models, LCD projector, power point presentations, supplemental videos, contraceptive kit, guest speaker
3. Consumer Health Unit	10 lessons	Handouts, transparencies, power point presentations, LCD projector, laptop cart, art supplies, OTC/Prescription samples, supplemental videos
4. Community Health Unit	3 lessons	Handouts, transparencies, power point presentations, LCD projector, supplemental videos, guest speaker
5. First Aid/CPR Unit	5 lessons	Handouts, power point presentations, LCD projector, supplemental videos/DVD, resuscitation annies, breathing barriers, bandages

III. Course Assessments

Check types of assessments to be used in the teaching of the course and provide examples of each type.

- [x] Objective Tests/Quizzes
- [x] Constructed Responses
- [x] Essays
- [x] Reports
- [x] Projects
- [ ] Portfolios
- [x] Presentations
- [x] Performance Tasks
- [x] Response Journals
- [ ] Logs
- [ ] Computer Simulations
- [ ] Research Papers
- [x] Class Participation
- [x] Note Taking
- [x] Daily Assignments
- [x] Writing Samples

Provide copies of common assessments that will be utilized for all students taking this course. Overall course/grade level standards will be measured by a common course assessment. Unit objectives will be measured on an ongoing basis as needed by the classroom teacher to assess learning and plan for instruction. List common assessments below and recommend date/time frame for administration (at least quarterly).

Name of Common Assessment	When given?
1. Pre-test	First lesson of the semester
2. Me Book Project	2nd and 3rd lessons
3. Unit Quizzes/Exams	End of the unit
4. Food Guide Pyramid Analysis	Middle of the Nutrition unit
5. Fad Diet Presentations	Middle of the Nutrition unit
6. Journals	Utilized throughout the semester
7. Quack Product Presentations	Middle of the unit
8. Advertising Analysis	Beginning of the unit
9. OTC Med Lab	End of the unit
10. Lancaster County and PA Health Profile Analysis	Middle of the unit
11. Note packet Assessment	End of the semester
12. Semester Final	End of the semester

IV. Expected levels of achievement

Current grading scale

92-100 = A
83-91 = B
74-82 = C
65-73 = D
0-64 = F

PA Proficiency Levels
Advanced Proficient
Basic Below Basic

The following scoring documents have been developed for this course:

Name of Course: Health – Grade 11
Name of Unit: Nutrition Unit
Essential Question: How can taking charge of your nutrition today affect your life and health in the future?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. **Essential Nutrients: Carbs, Fats, and Proteins** What are the six classes of nutrients? What are the four major types of carbohydrates? What are the three main types of fats? What are the two different types of proteins?	E	A, B, C	10.1.12 C
2. **Essential Nutrients: Vitamins, Minerals, and Water/Nutrition Labels** What are the two types of vitamins and examples of each? What are minerals and why are they important? Why is water considered a nutrient and why is it important to include in your diet? How can you use the information on food labels to help you select healthier foods?	E	A, B, C	10.1.12 A 10.1.12 C
3. **The Food Guide Pyramid** What do the different colors on the pyramid stand for? What does the new pyramid take into consideration that the old one did not? What are the dietary guidelines for Americans?	E	A, B, C	10.1.12 C
4. **Choosing a Healthful Diet (Jigsaw)** How can you change your diet to make it healthier? How do nutritional needs change throughout life? What groups of people have special dietary needs? How do vegetarians meet all their nutritional needs?	E	A, B, C	10.1.12 C
5. **Unit Assessment** What have you learned so far in the nutrition unit?	E	A, B, C	10.1.12 B 10.1.12 C
6. **Food & your Body Weight** What factors influence people to eat? How do you balance energy intake and energy output? How can you prevent becoming overweight?	E	A, B, C	10.1.12 C 10.2.12 C
7. **Maintaining a Healthy Weight** Why do you weigh what you weigh?	E	A, B, C	10.1.12 C

How can you determine a healthy weight for yourself? How can you safely lose and/or gain weight?			
8. **Fad Diet Research** Do these diets promote a healthy weight loss? Do these diets encourage exercise? What are the main ideas behind these diets?	I	A, B, C	10.1.12 C
9. **Fad Diet Presentations** Do these diets promote a healthy weight loss? Do these diets encourage exercise? What are the main ideas behind these diets?	I	A, B, C	10.1.12 C
10. **Eating Disorders** What is body image? What are the four main types of eating disorders? What are some dangers of eating disorders?	E	A, B, C,	10.2.12 C
11. **Preventing Food-Related Illnesses** What are some common food-related/digestive problems? What are food allergies and intolerances? How can you prevent food-borne illnesses?	E	A, B, C	10.1.12 B 10.1.12 C
12. **Unit Assessment and start "Supersize Me"** What has this unit taught me about nutrition? How does the documentary relate to common American diets?	E	A, B, C	10.1.12 B 10.1.12 C
13. **"Supersize Me"** How does the documentary relate to common American diets?	I	A, B, C	10.1.12 B 10.1.12 C

Name of Course: Health – Grade 11
Name of Unit: Human Sexuality Unit
Essential Question: How can acquiring knowledge about sexuality and its related components help you become a sexually healthy adult?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. **Sex vs. Sexuality** What is the difference between sex and sexuality? What are the four dimensions of sexuality?	E	A, O	10.1.12 A
2. **Relationships and Marriage** What are some healthy and unhealthy qualities of a relationship? What are several reasons for marrying? What are the reasons for divorce? What are the six different types of families?	E	A, D, H, O, Q	10.1.12 A
3. **Sexual Abuse and Violence** What are the five main types of abuse? What are some examples of sexual harassment? How can you protect yourself from sexual abuse and violence?	E	A, H, N, O	10.3.12 A 10.3.12 C
4. **Reproductive Anatomy** What are the organs of male/female reproductive systems? What are the functions of the reproductive organs? What are some health problems of the reproductive systems? How can you keep your reproductive systems healthy?	E	A, G, P	10.1.12 A 10.1.12 B
5. **Unit Assessment** What have you learned so far in the human sexuality unit?	E	A, D, G, H, O, P, Q	10.1.12 A 10.1.12 B 10.1.12 C 10.3.12 A 10.3.12 C
6. **Abstinence and Contraception** What are some of the benefits of remaining abstinent until marriage? How can you affectively express your decisions about sex? How does each type of contraception work?	E	A, E, H, J, K, O	10.1.12 A 10.2.12 A
7. **Parenthood, Pregnancy, & Childbirth** What are some responsibilities of parents? What are some characteristics of each of the three stages of fetal development?	E	A, D, H, J	10.1.12 A 10.1.12 C

What are the stages of childbirth?			
8. **STI's and HIV/AIDS** What are the symptoms and treatment for different STI's? How are STI's and HIV spread? How can you protect yourself from contracting STI's and HIV?	E	A, D, E, G, H, J, L, M, O	10.1.12 A
9. **Unit Exam** What has this unit taught me about human sexuality?	E	A, D, E, G, H, J, K, L, M, O, P, Q	10.1.12 A 10.1.12 B 10.1.12 C 10.2.12 A 10.3.12 A 10.3.12 C

Name of Course: Health – Grade 11
Name of Unit: Consumer Health Unit
Essential Question: How can becoming a smart consumer of healthcare products and services impact your adult health practices in the future?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. **Sources of Health Information and Advertising** What are some sources of health information? How can you evaluate the reliability of health information? What are the different types of advertising appeals?	E	A, E, H, L, O	10.2.12 B 10.2.12 C
2. **Consumer Rights** What rights do you have as a consumer? What should you do if your consumer rights are violated? What organizations advocate for consumer rights?	E	A, D, H, L, O	10.2.12 B 10.2.12 C
3. **Health Fraud and Quackery** What is a quack? Who do quacks target? How can you identify a fraudulent product?	E	A, D, H, L, O	10.2.12 A 10.2.12 B
4. **Quack Product Presentations** What is a quack? Who do quacks target? How can you identify a fraudulent product?	I	A, D, H, L, O	10.2.12 A 10.2.12 B
5. **Unit Assessment** What have you learned so far in this unit?	E	A, D, H, L, O	10.2.12 A 10.2.12 B 10.2.12 C
6. **Healthcare Providers and Services** What are the different types of healthcare providers? How can you evaluate healthcare providers? What are the different types of healthcare facilities?	E	A, D, H, L, O	10.2.12 A 10.2.12 B
7. **Health Insurance** What are the three major types of health insurance plans? What are the benefits of each type of health insurance plan?	E	A, D, H, L, O	10.1.12 E 10.2.12 B
8. **Over-the-Counter and Prescription Drugs** Why should you read the labels on all medications? What factors should you consider when choosing an OTC drug? What are some possible problems with medications?	E	A, D, H, L, O	10.1.12 D 10.2.12 A
9. **Unit Exam and start "John Q"** What have you learned so far in this unit? How does "John Q" relate to the information you	E	A, D, H, L, O	10.1.12 D 10.1.12 E 10.2.12 A

have learned about American health policies?			10.2.12 B 10.2.12 C
10. **"John Q"** How does "John Q" relate to the information you have learned about American health policies?	I	A, D, H, L, O	10.1.12 D 10.1.12 E 10.2.12 A 10.2.12 B 10.2.12 C

Name of Course: Health – Grade 11
Name of Unit: Community Health Unit
Essential Question: How can performing health-related services for your community influence your health and the health of your community?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. **Organ Donation** How can you become an organ/tissue donor? What organs and tissues can be donated? Who can donate organs and tissues?	E	F, H, L	10.1.12 E 10.2.12 E
2. **Public Health Agencies & Blood Donation** What do public health agencies do? What are some examples of local, state, national, and international health agencies? How can you use statistics to identify health concerns/problems in your community?	E	F, H, J, L	10.1.12 E 10.2.12 E
3. **Guest Speaker "Gift of Life"** How can you become an organ/tissue donor? What organs and tissues can be donated? Who can donate organs and tissues?	E	F, H, L	10.1.12 E 10.2.12 E

Name of Course: Health – Grade 11
Name of Unit: First Aid & CPR Unit
Essential Question: How can learning how to perform life-saving techniques protect your health and the health of your community?

Unit Objectives/Key Question	Priority	Aligned to Course Standard	Aligned to PA Standard
1. **Rescue Breathing & Choking** What steps should you take when you encounter a medical emergency? What are the steps to performing adult rescue breathing? How do you perform the Heimlich maneuver?	E	E, J, R	10.3.12 B
2. **Adult, Child, & Infant CPR** What is the difference between a heart attack and cardiac arrest? What is the rate of compressions for adult CPR? What is the rate of compressions for child/infant CPR?	E	E, J, R	10.3.12 B
3. **Wounds, Bleeding, & Burns** What are the five different kinds of wounds? What is the main thing to remember when caring for a bleeding victim? What are the three types of burns?	E	E, J, R, S	10.3.12 B
4. **Heat & Cold-Related Emergency** What is the difference between hyperthermia and hypothermia? What is the difference between heat exhaustion and heat stroke? How do you treat a victim of heat or cold emergencies?	E	E, J, R, T	10.3.12 B
5. **Unit Assessment** What has this unit taught me about handling various life-threatening emergencies?	E	E, J, R, S, T	10.3.12 B