

# High School

## Health Education

### Aim of the Course

The information given in this class will aim at increasing an individual's capacity to use basic health information and services in ways to enhance health.

### Course Description

Students will receive instruction in the following areas: Systems Review, Decision Making and Wellness Skills, Nutrition, Fitness, Mental and Emotional Health, Drugs, Alcohol, Smoking, CPR, First Aid, Reproduction, STD's, Parenting, Infectious and Non-Infectious Diseases, Personal Care, Abuse and Violence, Environmental and Safety Health.

### Text

HEALTH

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### Assessment

Grading is based on a combination of the following:

- Daily assignments, homework, projects 30-40%
- Tests \* 60-70%

\*The Semester Exam will be cumulative and be worth 20% of the total points.

### Further Information

The order of the units may fluctuate due to speaker availability.

### Course Structure

#### I. First Quarter

##### A. Unit I – Systems, Wellness, Decision Making (Chapters 1-2)

- Compare and contrast the health concerns in the U.S. today and in the past.
- Explain why health involves so many decisions.
- Explain how to make responsible decisions.
- Identify current lifestyle behaviors that can reduce or contribute to disease.
- Explain how the five components of health affect the individual.

**B. Unit II – Fitness and Nutrition (Chapters 3-5)**

- Explain the benefits of exercise and how to rate fitness levels.
- Identify important components of exercise and how to set goals.
- Identify the different sleep phases and the importance of each phase.
- Identify common sleep disorders.
- Identify potential dangers when exercising.
- Explain the difference between hunger and appetite.
- Identify a good diet from a bad diet.
- Explain the food pyramid and how to use food labels.
- Explain the importance of weight management.
- Identify eating disorders and explain treatment options.

**C. Unit III – CPR/First Aid (Chapter 28 and CPR Booklet)**

- Demonstrate and explain procedures for adult, child, infant CPR and airway obstruction.
- Identify signs and symptoms of choking, heart attack, and stroke.
- Explain and or identify basic first aid procedures.

**D. Unit IV – Violence, Mental and Emotional Health (Chapters 7-11, 20)**

- Identify ways to deal with problems before they escalate.
- Recognize signs of mental/emotional problems.
- List ways to avoid dangerous situations.
- Identify ways to prevent suicide and recognize signs.
- Explain ways people can cope with loss.
- Identify agencies that can assist with mental/emotional problems.

**II. Second Quarter**

**A. Unit V – Reproduction, Sex ed. (abstinence approach), Relationships, and Parenting. (Chapters 17-19, 22-23)**

- Identify the basic anatomy/physiology of the reproductive system.
- Explain the importance of responsible relationships.
- Identify signs/systems of STD's.
- Explain the importance of effective communication.

**B. Unit VI – Communicable/Non Communicable Disease (Chapter 21, 24)**

- Compare and contrast communicable, chronic and degenerative diseases.
- Explain strategies for managing these diseases.
- Analyze how public health policies, laws and the media function to prevent and control illnesses.

- Identify signs, systems and treatment for the more common communicable, chronic and degenerative diseases.

**C. Unit VII – Drugs/Alcohol/Smoking (Chapters 12-15).**

- Compare and contrast problems of legal and illegal drugs.
- Identify health problems associated with drug use.
- Identify social and emotional problems that arise from improper drug use.
- Identify short and long term consequences of drug use.
- Explain the affects that drugs use has on the family and society.
- Identify ways to help individuals with drug problems.
- Identify diseases associated with drug use.
- Explain the addiction process.

**D. Unit VIII – Personal Care (Chapter 6)**

- Describe and explain the factors that influence health among individuals, groups and communities.
- Identify personal care problems. (skin, eyes, teeth, hair etc.).
- Identify and explain the basic anatomy of the skin, eyes, teeth and hair.
- Explain ways to deal with personal care problems.

**E. Unit IX – Environmental and Consumer Health and Safety (Chapters 25-27)**

- Describe the components of a healthy environment.
- Identify problems that face society today.
- Explain the consequences of poor environmental health and safety.
- Identify ways to be a wise consumer.
- Identify ways to reduce accidents at home, work and school.

Illinois Learning Standards by Unit

Unit 1 – Systems, Wellness, Decision Making (Chapters 1-2)

Ch.1 22A4a, 22A4b, 22A4c, 22B, 22B4, 22C, 23B4, 22A4c, 23B4, 23, 23A, 24B5

Ch. 2 22A4a, 22A5a, 22A4b, 24,24A, 24A5, 24A4b, 24B, 24B4, 24B5, 24C4

Unit 2 – Fitness and Nutrition (Chapters 3-5)

Ch. 3 20B, 20B4a, 20B5a, 20B4b, 20B5b, 20C, 20C4a, 20C5a, 20C4b, 20C4c, 22, 22A, 22A4b, 22A4c, 23B4, 23C4, 24B4, 24B5, 24C4, 24C5

Ch. 4 22A4b, 22B5, 22C4, 22C5, 23, 23A4, 23B4, 23B5, 23C, 24B4, 24B5, 24C5

Ch. 5 22A4b, 22C, 23B4, 23C, 24B4, 24B5, 24c

Unit 3 – CPR/First Aid (Chapter 28 and CPR Booklet)

Ch. 28 22A4c, 23A4, 24B4, 24B5

Unit 4 – Violence, Mental and Emotional Health (Chapters 7-11,20)

Ch. 7-8 22A4b, 23B4, 24, 24A, 24A4a, 24A5, 24A4b, 24B, 24B4, 24B5, 24C

Ch. 9 23B4, 24, 24A, 24A5, 24A4b, 24B, 24B4, 24B5, 24C

Ch. 10 23B4, 24A, 24B4, 24B5, 24C4

Ch. 11 23B4, 24A, 24A5, 24A4b, 24B, 24B4, 24B5, 24C, 24C4

Ch. 20 24, 24A 24A4a, 24A5, 24A4b, 24B, 24B4, 24B5, 24C, 24C4

- Unit 5 – Reproduction, Sex Ed., Relationships and Parenting (Chapters 17-19, 22-23)  
Ch. 17 22B, 22B4, 23, 23C, 24, 24A, 24A5, 24A4b, 24B, 24B5, 24B5, 24C, 24C4  
Ch. 18 23, 23A4, 23B, 23C4, 23C5, 24, 24A, 24A4b, 24B, 24B4, 24B5  
Ch. 19 24, 24A, 24A4a, 24A5, 24A4b, 24B, 24B4, 24B5  
Ch. 22 22A, 22A4a, 22A5a, 22A5b, 22B5, 22B4, 22B5  
Ch. 23 22A, 22A4a, 22A5a, 22B, 22B4, 23B, 23B5, 24B4, 24B5, 24c
- Unit 6 – Communicable/Non Communicable Disease (Chapters 21, 24)  
Ch. 21 22B5, 23B522A, 22A4a, 22A5a, 22A5b, 23C5, 24B4, 24B5  
Ch. 24 22A, 22A4a, 22A5a, 22A4b, 22A5b, 23A4, 23B4, 23C4, 23C5, 24B4, 24B5
- Unit 7 – Drugs/Alcohol/Smoking (Chapters 12-15)  
Ch. 12 22A4b, 22A5b, 22B4, 22B5, 23B4, 23B.5, 24b4, 24b5  
Ch. 13 22A5b, 22B5, 23B, 23B4, 23B5, 24A4b, 24A5, 24B4, 24B5  
Ch. 14 22, 22A 22A5b, 22B, 22B4, 22B5, 23B5, 23C, 24B5  
Ch. 15 22A4b, 22A5b, 22B, 22B4, 22B5, 23B4, 23B5, 24A4b, 24B4, 24B5
- Unit 8 – Personal Care (Chapter 6)  
Ch. 6 22B, 22B5, 23, 23B, 23B, 23B4, 23B5, 23C5
- Unit 9 – Environmental Health, Consumer Health and Safety (Chapters 25-27)  
Ch. 25 22A, 22A5b, 22A5c, 22B, 22B5, 22C, 22C4, 22C5, 24B4, 24B5  
Ch. 26 22A5b, 22A5c, 22B, 22B4, 22B5, 24C, 24B4, 24B5  
Ch. 27 22A, 22A5b, 22A4, 22A4c, 22A5c, 22B5, 24B4, 24B5, 24C