

# HEALTH CURRICULUM STANDARDS

- Knows the availability and effective use of health services, products, and information.
- Knows environmental and external factors that affect individual and community health.
- Understands the relationship of family health to individual health.
- Knows how to maintain mental and emotional health.
- Knows essential concepts and practices concerning injury prevention and safety.
- Understands essential concepts about nutrition and diet.
- Knows how to maintain and promote personal health.
- Knows essential concepts about the prevention and control of disease.
- Understands aspects of substance use and abuse.
- Understands the fundamental concepts of growth and development.

## HEALTH I

**Subject:** Health I

**Grade:** 9, 10, 11, 12

**Length of Course:** First Semester

**Prerequisite:** None

### CURRICULUM BENCHMARKS:

1. Knows skills used to communicate effectively with family, friends, and others and the effects of open and honest communication.
2. Knows strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress.
3. Understands the roles of denial as a negative influence on mental and emotional health.
4. Knows strategies for solving interpersonal conflicts without harming self or others.
5. Know how refusal, negotiation, and coping skills can be used to avoid potentially harmful situations.
6. Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle.
7. Understands the role of food additives and their relationship to health.
8. Understands the short and long term consequences of safe, risky, and harmful behaviors.
9. Understands the impact of personal health behaviors on the functioning of body systems.
10. Knows the short and long term effects associated with the use of alcohol, tobacco, and other drugs on reproduction, pregnancy, and the health of children.
11. Knows how the abuse of alcohol, tobacco, and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community.
12. Understands how physical, mental, social and culture factors influence attitudes and behaviors regarding sexuality.
13. Understands the responsibilities inherent in dating relationships, marriage, and parenthood. Knows the effects of teenage pregnancy on teenagers, their children, their parents, and society.

## **COURSE DESCRIPTION:**

Health I is a one-semester course dealing with concepts of health and health issues pertinent to student lives now and in the future. Students will be able to make choices about unwise or wise health behavior. The information given in Health I is a holistic approach meaning to deal with the “whole” person and looking at how health behavior affects other people, emotions, and physical problems.

## **WHAT STUDENTS ARE EXPECTED TO DO:**

1. Read textbook and assignments.
2. Complete daily assignments, tests, and quizzes.
3. Notes from class lecture.
4. Participate in class lecture.
5. View media presentations.

# **HEALTH II**

**Subject:** Health II

**Grade:** 9, 10, 11, 12

**Length of Course:** Second Semester

**Prerequisite:** Health I

## **CURRICULUM BENCHMARKS:**

1. Knows sound health practices in the prenatal period that are important to the health of the fetus and young child (diet, refraining from smoking or using alcohol or drugs)
2. Understands the importance of regular examinations, including self-exams, in detecting and treating diseases early.
3. Understands the social, economic and political effects of disease on individuals, families and communities.
4. Knows how individuals can improve or maintain community health.
5. Understands how the prevention and control of health problems are influenced by research and medical advances.
6. Understands how cultural diversity enriches and challenges health behaviors.
7. Knows factors that influence person selection of health care resources, products, and services.
8. Knows how to determine whether various resources from home, school, and the community present valid health information, products, and services.
9. Understands the cost and accessibility of a variety of health-care services.
10. Knows situations that require professional health services in the areas of prevention, treatments, and rehabilitation.

## **COURSE DESCRIPTION:**

Health II is a second semester course that allows students to examine their lives, select goals and design plans to achieve and maintain optimum health. Current facts and issues in the areas of community, consumer and environmental health, family life, and safety and survival skills will be studied. Students will be made aware of the various community health resources that are available to them. The students will have a better understanding on how environmental conditions can have an effect on their health. The family life unit focuses on relationships and how one's health status can be directly related to these relationships. The students understanding of safety precautions, emergency first aid, and CPR techniques will allow students to face crisis situations with confidence and be of support to those in crisis. Each student will be certified in CPR.

**WHAT STUDENTS ARE EXPECTED TO DO:**

1. Read textbook and assignments.
2. Complete daily assignments, tests, and quizzes.
3. Notes from class lecture.
4. Participate in class lecture.
5. View media presentations.