Course Title: Health 12
Subject: Health
Grade Level: 12
Duration: 10 Weeks
Prerequisite: N/A
Elective or Required: Required

Department Mission Statement:

The purpose of physical education is to empower all students to sustain life-long fitness skills and concepts that will enhance their wellness. Physical Education is a significant part of the learning process that promotes social, emotional and physical well-being and is the foundation for a healthy, productive and fulfilling life.

It is our goal as physical educators to develop and enhance gross motor skills, physical fitness skills, social and life skills, as well as the learners’ ability to think and problem solve. We will provide an active, caring, and supportive atmosphere so students can successfully obtain these skills. We recognize the need for character education through the development of positive attitudes, good sportsmanship and fair play. Students must be given the opportunity for self-development, to learn to follow directions, to cooperate with others, as well as to develop leadership ability.

We must teach our students through a variety of learning experiences at appropriate developmental levels so they can realistically succeed in managing challenges of learning, growing, and developing in today’s world.
Course Description:

Health Education is concerned with the students’ physical, mental, emotional and social well-being. The primary goal is to provide information that will assist students in developing concepts and behaviors that will encourage the formation of safe, personal health practices. Students’ will incorporate healthy nutritional and fitness behaviors. The students will become knowledgeable in the process of human conception and birth. The students’ will discuss the aspects of human sexuality and teen relationships. Students will analyze issues related to health promotion and disease prevention. Student will be provided with the information on the dangerous effects of substance abuse.

Author: Rachael Hogan
Date Submitted: Summer 2014
Health 12

Topic/Unit: Wellness

Approximate # Of Weeks: 3 Weeks

Essential Questions:
- What are the components of wellness?
- How do the decisions I make affect my health?
- How do I relate to the important people in my life?
- What does it mean to be mentally healthy?
- What are some symptoms of mental illness?
- What are the leading causes of death for a person of my age?
- What steps can I take to lengthen my life?
- How can I keep myself healthy?
- How can I learn to manage stress?
- How can I learn to respect and accept all individuals with in society?

Upon completion of this unit students will be able to:
- Analyze how interpersonal communication affects relationships (2.2.12.A.1)
- Utilize strategies to overcome barriers when communicating information, ideas, emotions, and opinions about health issues. (2.2.12.A.2)
- Examine the impact of technology, research, and medical advances on personal, family and community health (2.2.12.A.3)
- Demonstrate the ability to utilize strategies when making decisions related to health needs and risks to young adults. (2.2.12.B.1)
- Predict immediate and long term impact of mental issues on the individual, family and community. (2.1.12.C.3)
- Investigate the impact of medical technology on the incidence and prevalence of disease. (2.1.12.A.2)
- Identify resources for information, assessment and treatment of mental illnesses. (2.1.12.C.4)
- Formulate an effective plan for lifelong health (2.2.12.B.2)
- Explain the five psychological stages of loss. (2.1.12.E.3)
- Identify resources available to help individuals dealing with loss. (2.1.12.E.3)
- Demonstrate, evaluate, and analyze strategies to manage stress. (2.1.12.E.3)
- Formulate positive ways to manage stressful situations. (2.1.12.E.4)
- Illustrate characteristic the exemplify core ethical values. (2.2.12.C.2)
- Analyze the current issues facing the disability community and how to address those issues (2.2.12.C.3)

Interdisciplinary Standards (njcccs.org & Common Core Reading/Writing Standards)
- Standard 9.1 21st-Century Life & Career Skills
All students will demonstrate the creative, critical thinking, collaboration, and problem solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.

- **Standard 6.3 Active Citizenship in the 21st Century**
  All students will acquire the skills needed to be active, informed citizens who value diversity and promote cultural understanding by working collaboratively to address the challenges that are inherent in living in an interconnected world.

- **Standard 8.1 Computer and Information Literacy**
  All students will use computer applications to gather and organize information and to solve problems.

- **Standard 8.2 Technology Education**
  All students will develop an understanding of the nature and impact of technology, engineering, technological design, and the designed world as they relate to the individual, society, and the environment.

- **CCSS.ELA.RST.2**
  Determine the central ideas or conclusions of a text; trace the text’s explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.

- **CCSS.ELA.RST.4**
  Determine the meaning of symbols, key terms and other domain-specific words and phrases as they are used in a specific scientific or technical content.

- **CCSS.ELA.WHST.2**
  Write informative/explanatory texts, including the narration of historical events, scientific procedures/experiments, or technical processes.

- **CCSS.ELA.WHST.9**
  Draw evidence from informational texts to support analysis, reflection, and research.

**Activities:**
- Note taking
- Worksheets & Discussions:
- Communication
- Stress
- Mental Disorders
- Death and dying
- Diseases
- Videos
- Multimedia Presentations
- Class Discussions
- Tests on all topics

**Enrichment Activities:**
- N/A
Methods of Assessments/Evaluation:
- Class discussion and participation
- Multi-media presentations
- Performance of quizzes and tests
- Projects - oral and written
- Homework completion
- Observation(teacher/small/whole group)

Resources/Including Online Resources
- Teacher Webpage
- Internet
Health 12

Topic/Unit: Drugs and Medicine

Approximate # Of Weeks: 2 Weeks

Essential Questions:
- What are the physical, psychological and social costs of substance abuse?
- How can I avoid using harmful substances?
- What are the short and long term effect of alcohol on the mind and body?
- What drugs are commonly abused?
- What are the physical signs of abuse or addiction?
- What do we understand about tobacco use/abuse?
- Can my family’s medical history affect my future health?

Upon completion of this unit students will be able to:
- Compare use, misuse, and abuse of prescription and OTC medicines and how that relates to personal wellness. (2.3.12.A.3)
- Examine the effects of alcoholism on the family and society.(2.3.12.B.1 & 2.3.12.B.3)
- Demonstrate an understanding of the short and long term effects of alcohol on the body(2.3.12.B.1)
- Categorize the hazards of tobacco use on the body(2.3.12.B.1)
- Investigate the harmful effects of stimulant, depressants, hallucinogens, anabolic steroids, designer drugs and inhalants on the body.(2.3.12.B.1)
- Identify and examine physical, psychological, social and legal consequences of the use of illegal substances. (2.3.12.B.2)
- Recognize the risky behaviors and consequences associated with alcohol and drug use(2.3.12.B.4 & 2.32.12.B.5)
- Compare and contrast the stages of dependence and addiction to personal wellness(2.312.C.1)
- Predict the short and long terms consequences of substance abuse(2.3.12.C.1)
- Apply strategies and skills needed to intervene with dependent and addictive behaviors(2.3212.C.2)
- Identify societal factors that influence substance abuse on the individual, family and community.(2.3.12.C.3)

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  Draw evidence from informational texts to support analysis, reflection, and research.

**Activities:**
- Note taking
- Worksheets & Discussions:
- Over the Counter Medicines
- Prescription medicines
  - Alcohol effects on the body & mind
  - Tobacco effects on the body & mind
  - Illegal Drugs
- Videos
- Multimedia Presentations
- Class Discussions
- Tests on all topics

**Enrichment Activities:**
- N/A

**Methods of Assessments/Evaluation:**
- Class discussion and participation
- Multi-media presentations
- Performance of quizzes and tests
- Projects - oral and written
- Homework completion
- Observation(teacher/small/whole group)

**Resources/Including Online Resources**
- Teacher Webpage
- Internet
Health 12

Topic/Unit: Human Relationships and Sexuality

Approximate # of Weeks: 5 Weeks

Essential Questions:
- Why is it important for teens to know about the reproductive system, prenatal development and birth?
- What challenges related to sexuality do teens face?
- What are the factors that influence a teen’s ability to raise a child?
- How are infectious diseases spread?
- What are some risks to my health that I can avoid?
- How can I keep myself safe?
- How can I have safe and healthy relationships with others?
- What are various forms of violence and what can be done to reduce violence?

Upon completion of this unit students will be able to:
- Investigate the relationships in terms of family values, ritual and traditions throughout the world (2.1.12.A.1)
- Describe the important characteristics of a spouse or life partners identifying factors to consider when considering commitment. (2.4.12.A.2)
- Analyze the impact of technology on developing and maintaining relationships (2.4.12.A.6)
- Examine the influence of peer groups as they relate to harassing and intimidating behaviors. (2.4.12.A.5)
- Explain and identify examples of violent expression of sexuality. (2.4.12.A.5)
- Demonstrate ways to prevent sexual aggression. (2.4.12.A.5)
- Develop strategies to address domestic and dating violence. (2.4.12.A.5)
- Investigate community resources for victims of sexual aggression. (2.4.12.A.5)
- Investigate how emerging technological advances influence sexuality and reproductive health (2.4.12.B.1)
- Define and discuss factors the influence sexual identity, sexual orientation and behaviors (2.4.12.B.4)
- Identify reasons for HIV epidemic and how it impacts sexual behaviors (2.4.12.B.3)
- Identify reasons for teens’ non-use of contraception (2.4.12.B.3)
- Describe symptoms, mode of transmission, treatment and prevention for sexually transmitted infections. (2.4.12.B.3)
- Identify the choices for birth control including abstinence. (2.4.12.B.2)
- Identify and explain the function of the parts of the male and female reproductive systems. (2.4.12.B.5)
- Explain the importance of maintaining reproductive health through vaccinations and monthly self-exams and check-ups. (2.4.12.B.5)
- Describe fertilization, fetal development and the birth process (2.4.12.C.1)
- Determine the possible complications that can occur during pregnancy and childbirth.(2.4.12.C.1)
- Evaluate methods and resources available to confirm pregnancy(2.4.12.C.3)
- Compare and contrast the alternatives available to a pregnant teen.(2.4.12.C.4)
- Investigate personal, social and legal issues related to abortion. (2.4.12.C.4)
- Identify the effects and consequences of the use alcohol, tobacco and other drugs on the developing fetus. (2.4.12.C.2)
- Explain how parental responsibilities change throughout the family life cycle.(2.4.12.C.5)
- Compare the legal rights and responsibilities of teen parents to adult parents.(2.4.12.C.6)
- Explain the responsibilities of parenthood and explore factors that influence the ability to raise a child( 2.4.12.C.7)

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  Draw evidence from informational texts to support analysis, reflection, and research.
Activities:
- Note taking
- Worksheets & Discussions:
  - Family Structures
  - Marriage and Dating
  - Dating Violence
  - Male and Female Reproduction
  - Disease Transmission
  - Abortion
  - Pregnancy
  - Childbirth
- Videos
- Multimedia Presentations
- Labeling Reproductive Diagrams
- Baby Think It Over Project
- Current Event
- Tests on all topics

Enrichment Activities:
- N/A

Methods of Assessments/Evaluation:
- Class discussion and participation
- Multi-media presentations
- Performance of quizzes and tests
- Baby Think It Over Project
- Projects - oral and written
- Homework completion
- Observation(teacher/small/whole group)

Resources/Including Online Resources
- Teacher Webpage
- Internet
- Planned Parenthood website