

Teaching Unit: **Nutrition**

Essential Understandings

One's health is a combination of many factors including environment and nutritional choices through each stage of life.
Students will recognize how nutrition affects a person's short and long term health.
Students will be able to analyze their own diets and make improvements through healthy substitutions.
Students will identify some major health concerns associated with poor nutritional choices.

Sub Topic: **Food Pyramid, Carbs, Fats, Proteins**

Knowledge and Skills

The students will understand the role of :Fats, Carbohydrates, Proteins, Vitamins, Minerals, Fiber

The students will breakdown their individual diets and suggest healthier alternatives to common nutritional problems

Cost, time availability

Eating disorders

Students will recognize how nutrition affects a person's short and long term health.

Students will be able to analyze their own diets and make improvements with nutritionally healthy substitutions.

Students will identify some major health concerns associated with poor nutritional choices.

Students will be able to analyze their own three day diet plan by breaking it down into the percentages or fats, carbohydrates and proteins.
Students will design a healthy one day diet that fits with the Food Pyramid dietary guidelines.

Teaching Unit: **Health and Wellness**

Essential Understandings

The importance of good mental health to overall wellness.
The importance of good physical health to overall wellness.
The importance of good social health to overall wellness.

Sub Topic:

Knowledge and Skills

The students will map their own Wellness triangle as teenagers throughout the life cycle

The students will understand how different aspects of health affect each other.

The students will learn ways to become well rounded in all three areas of health

Teaching Unit: ***Physical Activity and You***

Essential Understandings

Understand the importance of regular physical activity for enhancing and maintaining personal health throughout the life span.

Examine the effects of regular exercise on the body systems.

Analyze the relationship between regular physical activity and disease prevention.

Discover ways to incorporate physical activity into daily lives

Identify and describe the five areas of health-related fitness

Identify the basic principles of a physical activity program

Identify safety concerns related to various physical activities.

Teaching Unit: ***Mental and Emotional Problems***

Essential Understandings

Distinguish types of mental disorders.

Identify and describe types of mental disorders that affect our society.

Determine the level of professional help needed for illnesses.

Eating disorders.

Sub Topic:

Knowledge and Skills

Explain the effects on the cardiovascular, respiratory and nervous systems.

Analyze one's own lifestyle and find ways to incorporate physical activity into it.

Assess one's own fitness level and find strengths and weaknesses.

Identify environment concerns that affect a fitness program.

Sub Topic:

Knowledge and Skills

Explain how mental disorders affect one's daily lives.

How and where to get help with mental disorders.

Teaching Unit: ***Managing Stress***

Essential Understandings

Stress affects the body and the mind.

Stressful situations affect individuals differently.

Sub Topic:

Knowledge and Skills

Examine causes of stress

Describe the effects of stress on the body systems

Analyze how stress can affect physical, mental/emotional and social health

Discuss how substance abuse harms mental and emotional health.

Identify personal causes of stress

Develop strategies for managing stress

Examine how healthful behaviors help reduce stress

Develop strategies for coping with anxiety and depression

Teaching Unit: ***Male and Female Reproductive Systems***

Essential Understandings

The physiological process of reproduction is complex and very different between men and women.

Sub Topic:

Knowledge and Skills

Explain the hormonal response in the male and female

Identify reproductive problems - (function of self-examinations)

Explain the ovulation cycle of females

Identify hormonal changes in males and females

Identify hormonal changes throughout life.

How the male and female reproductive systems work.

Care for the reproductive systems.

Teaching Unit: ***Abstinence***

Essential Understandings

Abstinence as a good choice.

The mental and physical benefits of abstinence.

Sub Topic:

Knowledge and Skills

Use refusal skills.

Be able to seek alternatives to sex.

Explain benefits of abstinence.

Teaching Unit: ***Birth Control, STD's and HIV/AIDS***

Essential Understandings

The various birth control methods available.

The benefits of condom use.

Understanding HIV/AIDS

Bacterial vs. viral STD's

Sub Topic:

Knowledge and Skills

Evaluate different birth control methods.

Understanding Family Planning

Explain how HIV/AIDS are transmitted

Teaching Unit: ***Alcohol***

Essential Understandings

Alcohol is considered a gateway drug.

The role alcohol plays in teenagers lives.

Measures that can be done to prevent alcohol use.

Alternatives to alcohol use.

Sub Topic:

Knowledge and Skills

Identify factors that influence decisions about alcohol use and your health

Analyze the physical, mental, social and legal consequences of alcohol use

Develop strategies for preventing the use of alcohol

Demonstrate refusal strategies regarding alcohol use and the benefits of choosing to be alcohol free

Examine the short term effects of alcohol use

Assess risks and consequences of drinking and driving

Analyze the harmful effects of alcohol on the fetus

Teaching Unit: ***Tobacco***

Essential Understandings

Tobacco is considered a gateway drug.

Measures that can be taken to prevent smoking.

Ways to quit tobacco use.

Teaching Unit: ***Influences of Advertising On Health***

Essential Understandings

Advertising affects people at all ages.

Understanding the affects of advertising.

Various advertising mediums.

Technology and advertising.

Sub Topic:

Knowledge and Skills

Describe the harmful substances contained in tobacco and tobacco smoke

Examine the harmful effects of tobacco use on the body systems

Analyze the physical, mental, social and legal consequences of tobacco use

Sub Topic:

Knowledge and Skills

Point out advertisers word choices.

Understand forms of advertising.

Understand bias and what's to gain from advertising.

Teaching Unit: ***Drugs vs. Medicine***

Essential Understandings

The causes of drug use and abuse.

Preventative measures that can be taken to combat drug use and abuse.

The effects of different drugs on the body.

Sub Topic:

Knowledge and Skills

Analyze ways that medicines promote health and prevent disease

Describe the differences between prescription and O-T-C medicines

Analyze how laws, policies and practices influence safe use of medicines

Define substance abuse and recognize the health risks involved

Analyze the harmful effects of drugs on the fetus

Analyze the harmful physical, mental/emotional, social and legal consequences of drug use

Analyze the harmful physical, mental/emotional, social and legal consequences of using marijuana, steroids and inhalants

Explaining the negative effects of combining alcohol use with marijuana use

Teaching Unit: ***Suicide Prevention***

Essential Understandings

Some causes of suicidal thoughts.

Talking about suicide does not promote suicide.

Warning signs of suicidal behavior.

Sub Topic:

Knowledge and Skills

Identify basic facts about suicide

Name three basic intervention steps

Identify words to use to ask about suicide

Name suicide warning signs

Identify in-school, community and personal resources

Discuss traits of helpful people

Teaching Unit: ***First Aid and Emergencies***

Essential Understandings

Responsibilities in an emergency.

Individual limitations in an emergency.

Your environment affects safety.

Sub Topic:

Knowledge and Skills

Understand the importance of learning First Aid

Analyze strategies for responding to accidental injuries

Analyze the strategies for responding to a shock or choking victim

Identify the appropriate steps for responding to life-threatening emergencies

Responding to nosebleeds, animal bites, muscle and joint pain, unconsciousness
