



## Curriculum Overview

### Health

#### Course Description

Health is required for all incoming freshmen. We will explore various topics regarding the 10 Dimensions of wellness, specifically physical wellness and emotional wellness, nutrition, alcohol and other drugs, and human growth and development. Students will be required to research, reflect, and respond to various questions in respect to their own wellness.

#### Enduring Understandings

*Students will understand...*

- Personal wellness is dependent upon applying health-related concepts and skills into daily lifestyle behaviors.
- Healthy habits/skills and preventative knowledge can increase overall health and wellness.
- Internal and external influences impact health behaviors.
- Practicing and implementing safe behaviors reduces the likelihood of injury.
- Effective communication skills enhance overall wellness.
- Mental and emotional health impacts one's overall state of well-being.
- Accessing and evaluating health information improve's one's decision making skills and quality of life.
- Proper nutrition is a lifestyle and is key to overall long term wellness.
- Nutritional choices directly impact daily our health.
- Research has clearly established that alcohol, tobacco and other drugs have a variety of harmful effects on the body.
- Learning about sexuality and discussing sexual issues is critical in promoting good sexual health.

#### Essential Questions

- What is the difference between health and wellness?
- How do I balance the various dimensions of my life?
- What is the relationship between one's health status and dimensions of wellness?
- What knowledge, skills and behaviors contribute to a healthy lifestyle and promote optimal wellness?
- What factors influence my health risks and what behaviors can reduce my risk of disease?
- What is the relationship between the 5 components of fitness and their impact on my overall wellness?
- How do my personal choices influence the functionality of my heart?
- What knowledge, skills and behaviors should I know about diseases in order to prevent future health problems?
- What are the skills necessary to save a life in an emergency situation?
- How can I protect myself in an emergency situation?
- How can assertive communication skills help me to develop a healthy lifestyle?
- What are healthy ways of managing emotions and stress?
- How do individuals improve self-esteem and develop a positive self-image?

- What information and skills do I need to effectively resolve conflicts and mediate disputes?
- What are the stigmas behind mental illness?
- How and where can I seek help for myself or someone else?
- What knowledge, skills and behaviors influence my mental and emotional health?
- How do nutritional choices impact overall wellness?
- What influences our food choices in today's society?
- Why do we eat?
- What makes a food/meal healthy?
- How do you determine appropriate portion sizes?
- How can I modify recipes to make them healthier?
- How does the misuse or abuse of any drug impact all sides of the wellness triangle?
- Why does one person become an addict and another does not?
- Why do people choose to use alcohol, tobacco and other drugs when they are aware of the detrimental effects?
- How do you know when the time is right for you to become sexually active?
- How does understanding the process of the male and female reproductive systems promote personal health and responsibility?
- Explain how the possible consequences from unprotected sexual activity can impact the wellness triangle?
- How does abstinence support my short and long term goals?
- What is the importance of understanding how various forms of birth control work?
- Explain what factors should be considered when facing an unplanned pregnancy?
- How do we learn to understand and respect diversity in relationships?
- How do you know when a relationship is not healthy?
- How do you know when you are ready to have a child?

## Units of Study

- Personal Health & Wellness
- Emotional & Mental Wellness
- Bullying, Suicide, Depression
- Stress & Time Management
- Communicable/Non Communicable Diseases
- Human Growth & Development & Healthy Relationships
- Sexually Transmitted Diseases, AIDS & HIV, Shaken Baby Syndrome
- Nutrition & Weight Management
- Alcohol, Tobacco, & Other Drugs
- CPR/First Aid

## Primary Resources

- Lesson Planning for Skills-Based Health Education, SHAPE America
- Activities That Teach, Tom Jackson
- More Activities That Teach, Tom Jackson
- Outrageous Teaching Techniques in Health Education, Debra Tackman
- Healthcentral.org
- PEcentral.org
- Kidshealth.org
- CDC.gov
- CDC.gov/healthyyouth/health-education

- [Mottpoll.org](http://Mottpoll.org)
- [Nida.nih.gov](http://Nida.nih.gov)
- [Myplate.gov](http://Myplate.gov)
- [Americanredcross.org](http://Americanredcross.org)
- [Nami.org](http://Nami.org)
- [cdc.gov/std](http://cdc.gov/std)
- [Mayoclinic.gov](http://Mayoclinic.gov)
- [shapeamerica.org](http://shapeamerica.org)