

# Blackhawk School District

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## CURRICULUM

Course Title:	Health
Course Number:	1365
Grade Level(s):	Grade 9
Periods per week:	Every day
Length of Period:	42 minutes
Length of Course:	1 semester
Credits:	.50 credits
Faculty Author(s):	Mark Balbach, Nancy Davies, Diane Huston, Joe Verbosky
Date:	Fall 2008; Revised May '09

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### **COURSE DESCRIPTION:**

**Health is a one semester course meeting every day. In promoting concern for a life style of physical, emotional and social wellness, this course places emphasis on: mental health and self esteem, personal hygiene and fitness, tobacco, alcohol and other drug use and abuse, basic first aid and CPR skills, nutrition and diet, and human sexuality, including AIDS and other STD's.**

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

<b>COURSE OUTLINE &amp; PROPOSED TIME</b>	<b>OBJECTIVES (PA standard)</b>	<b>RESOURCES</b>	<b>LESSON REFLECTION (for future revisions)</b>
Mental Health 10 days  ❖ Analyzing risks ❖ Thoughtful decisions	10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals (6 steps DECISION model).	Textbook	
Growth & Development 15 days  ❖ Illnesses ❖ Careers ❖ Diseases ❖ STD's ❖ Reproductive System	10.1.9 A Understand and describe factors that impact growth and development between adolescence and adulthood including relationships, interpersonal communication, risk factors, abstinence, STD and HIV prevention, community, acute and chronic illness, communicable and non-communicable disease, health status, career choice.	Library Textbook Speakers External Reading Doctors	
Nutrition 10 days  ❖ Nutritional knowledge/choices	10.1.12 C Understand factors that impact nutritional choices of adolescents and adults including cost, food prep, consumer skills, nutritional knowledge, changes in nutritional requirements.	Textbook Internet magazines	
Drug Use & Abuse 15 days  ❖ Legal & illegal drugs	10.1.12 D Evaluate issues relating to the use/non-use of drugs including psychology of addiction, social impact, chemical use and fetal development, laws relating to alcohol, tobacco, and chemical substances, impact on the individual, and impact on the community.	Textbook Speakers Pamphlets	
Diseases 5 days  ❖ Cancer ❖ Diabetes ❖ Heart Disease ❖ Arthritis	10.1.9 E Describe how personal choice, disease and genetics can impact health maintenance and disease prevention.	Textbook Library Speaker	

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Nutrition, Drugs, Alcohol 5 days ❖ Media Effects	10.2.12 C Compare and contrast the positive and negative effects of the media on adult personal health and safety.	Textbook	
First Aid 10 days ❖ CPR ❖ Injuries	10.3.12 B Analyze and apply strategies for the management for injuries, CPR, First Aid, Rescue breathing, sports injuries, Heimlich maneuver.	Manikins Videos Textbook	
Mental Health 5 days ❖ Conflicts	10.3.9 C Identify strategies to avoid or manage conflict and violence during adolescence including effective negotiation and assertive behavior.	Speaker	
Body systems 5 days ❖ Digestive ❖ Circulatory	10.1.9 B Analyze the interdependence existing among the body systems.	Textbook	
Personal Care 5 days	10.2.9 B Explain the relationship between health-related information (tobacco, weight control products, personal care).	Textbook	