**Course Title:** Health 9

**Topic/Concept:** Choosing Wellness

**Time Allotment:** 4 classes

**Unit Sequence:** 1

### Major Concepts to be learned:

1. The student will be able to explain how the five components of health are interdependent.
2. The Student will be able to explain that the decisions made today may not only determine longevity, but may also determine a person's quality of life.
3. The students will demonstrate the importance of values in decision making.
4. The students will be able to explain how self-esteem, social support, health, and wellness are related.

### Expected Skills to be demonstrated:

1. Listening Group Interaction
2. Decision-Making Skills

### PA Standards/Anchors:

<table>
<thead>
<tr>
<th>Standards/Anchors</th>
<th>Eligible Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.1.9A</td>
<td>Students will learn the 11 body systems and discuss ways that each could affect the other.</td>
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<tr>
<td>10.1.9B</td>
<td>Students will discuss the decision-making process and ways that individual decisions affect the safety of self and others.</td>
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<tr>
<td>10.1.9E</td>
<td>Students will examine a number of diseases and disorders and discuss how each is influenced by heredity.</td>
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<tr>
<td>10.2.9D</td>
<td>Students will discuss environmental factors and their effect on health and wellness.</td>
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<td>10.3.9D</td>
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</tbody>
</table>

### Instructional Strategies:

- Problem solving activities
- Lecture
- Group discussion
- Performance task
- Role Play
- Note Taking

### Assessments:

- Written Test on Basic Information
- Skit production on decision-making situations
- Written assignment on using the decision making process.
Course Title: Health 9

Time Allotment: 20 classes

Topic/Concept: Mental Health

Unit Sequence: 2

Major Concepts to be learned:
1. The student will understand the importance of maintaining good mental health.
2. The student will recognize that mental health is a large component in the overall wellness of an individual and it is interdependent on the other aspects of health.
3. The student will demonstrate how to recognize the symptoms of mental disorder, and where to get treatment.
4. The student will show how to recognize the signs of stress and explain the value of relaxation.
5. The student will learn about the process of grieving.
6. The student will learn to recognize the signs of suicide and the importance of reporting them.

Expected Skills to be demonstrated:
1. Students will learn the skill of conscious relaxation, by going to the gym and practicing it
2. Students will learn what defense mechanisms are and how they are used by performing skits with other members of the class
3. Listening
4. Creativity - Students will produce a collage about who they are inside

PA Standards/Anchors:
10.2.9 E

Eligible Content:
- By learning about the causes and symptoms of mental disorders, students will recognize that the environment plays a big role in many of them.

Instructional Strategies:
- Problem solving activities
- Lecture
- Performance task
- Written work
- Note Taking

Assessments:
- Collage assessment
- Skit evaluation
- Written Test on Mental Health
- Written letter of condolence
Course Title: Health 9
Topic/Concept: Physical Fitness

Time Allotment: 15 classes
Unit Sequence: 3

Major Concepts to be learned:

1. The Student will recognize the need for daily physical activity to prevent chronic disease and to extend lifespan.
2. The Student will learn how to develop a fitness plan for life.
3. The Student will learn the dangers in the use of performance enhancing drugs.
4. The Student will learn how to recognize and treat sports injuries before they become chronic.

Expected Skills to be demonstrated:

1. Development of a personal fitness plan
2. Decision-making skills that will improve lifetime health
3. Listening
4. Correct assessment of a person’s present level of fitness

PA Standards/Anchors: 10.1.9E 10.2.9A

Eligible Content:

- By researching a chronic disease, students will be able to see the connection to physical fitness and its prevention.
- By designing a personal fitness plan, students will be learning a skill that can be used throughout life to maintain wellness.
- By watching a video about anabolic steroids and athletes, students can see the effects that those drugs have on a developing adolescent body.

Instructional Strategies:

- Cooperative groups
- Problem solving activities
- Group discussion
- Performance task
- Research
- Oral presentation

Assessments:

- Written Test on the Basics of Physical Fitness
- Creation of a personal fitness contract
- Research paper on a chronic disease caused by a sedentary lifestyle
Course Title: Health 9

Topic/Concept: First Aid

Time Allotment: 25 classes

Unit Sequence: 4

Major Concepts to be learned:

1. The Student will learn the value of having first aid knowledge to care for members of their own families as well as strangers.
2. The Student will learn that assisting a person with a medical need is better than watching and doing nothing.
3. The Student will develop a sense of personal responsibility.

Expected Skills to be demonstrated:

1. Listening and observing.
2. Able to perform Rescue Breathing and CPR using the mannequin at 100% proficiency.
3. Controlling bleeding and correctly bandaging a victim of an accident with 100% proficiency.
4. Correctly applying a splint for the victim of a broken bone or other joint injury with 100% proficiency.
5. Demonstrating self control and proper demeanor around victims of accident, injury, or sudden illness.

PA Standards/Anchors:

<table>
<thead>
<tr>
<th>10.3.9B</th>
<th>Eligible Content:</th>
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<tbody>
<tr>
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<td>Students will practice various first aid techniques and apply strategies for emergency and long-term management of injuries due to sports, illness or disease.</td>
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Instructional Strategies:

<table>
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<td>Problem solving activities</td>
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<tr>
<td>Lecture</td>
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<tr>
<td>Performance task</td>
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<tr>
<td>Written work</td>
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<tr>
<td>Hands-on activity</td>
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<tr>
<td>Note Taking</td>
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Assessments:

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<tbody>
<tr>
<td></td>
<td>- Written test on the basics of First Aid</td>
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<tr>
<td></td>
<td>- Practical tests on bandaging, CPR, and splinting</td>
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</tbody>
</table>
Course Title: Health 9

Time Allotment: 15 classes

Topic/Concept: Substance Abuse

Unit Sequence: 5

Major Concepts to be learned:

1. The Student will learn the importance of abstaining from all unnecessary drugs: Tobacco, Alcohol and other illegal drugs.
2. The Student will learn how drug use, abuse and addiction affects the family and society.
3. The Student will learn how drug use affects the unborn child.
4. The Student will learn about all aspects of addiction.
5. The Student will analyze the role of the media in adolescent smoking and drinking.

Expected Skills to be demonstrated:

1. Decision making skills
2. Cooperative work in skits
3. Research on Treatment options
4. Listening

PA Standards/Anchors:

| 10.1.9 D | • Through discussion, videos, role play and research, students will learn the interrelationship between the use of all drugs and personal health. |
| 10.2.9 C | • Students will write an action plan for a long-term goal, then write a follow-up paragraph stating how it would change if the person became addicted to any drug. |
|          | • By watching a video about intervention, students will be able to recognize how addiction affects everyone that surrounds the drug user. |
|          | • Students will role-play a situation in which students are directed to play the roles that emerge in an alcoholic family. |

Eligible Content:

Instructional Strategies:

Cooperative groups
Lecture
Performance task
Role Play

Problem solving activities
Group discussion
Written work
Note Taking

Assessments:

• Written Test on General drug information
• Skit presentation
• Research paper
• Video study guide
Course Title: Health 9

Time Allotment: 10 classes

Major Concepts to be learned:

1. The student will be able to correctly identify the parts of the male and female reproductive system.
2. The students will demonstrate an understanding of how fertilization occurs and how it coordinates with the female menstrual cycle.
3. The student will understand the value of abstinence until marriage.
4. The student will understand the ramifications of having a sexually transmitted disease.
5. The student will discuss and research the consequences of a teen pregnancy.
6. The student will understand the importance of maintaining the health of the reproductive system for lifetime wellness.

Expected Skills to be demonstrated:

1. Cooperation in group discussion
2. Listening
3. Decision-Making skills
4. Refusal skills
5. Effective communication skills

PA Standards/Anchors:

10.1.9.A

Eligible Content:

- By studying all of the aspects of this unit, students will be able to analyze factors that impact growth and development between adolescence and adulthood.
- Student will be able to discuss dating, friendships, peer pressure, and interpersonal communication.
- By watching videos and discussion afterward, students will realize the significance of sexually transmitted disease and AIDS.

Instructional Strategies:

Cooperative groups
Lecture
Written work
Note Taking

Problem solving activities
Group discussion
Role Play

Assessments:

- Written Test on General Facts about the reproductive system
- Skits on refusal skills
- Research on the cost of becoming a teen parent