

School District of Springfield Township

Springfield Township High School Course Overview

Course Name: Health

Course Description

Health emphasizes wellness and the interrelationship of the health triangle (mental, physical and social health). Students study substance abuse, body systems, consumer health, personal fitness, mental health, human sexuality, and sexually transmitted diseases.

Unit Titles

Unit 1: A Healthy Foundation
Unit 2: Physical Activity and Nutrition
Unit 3: Mental Health
Unit 4: Disease and Disorders
Unit 5: Tobacco, Drugs and Alcohol
Unit 6: Growth and Development
Unit 7: Body Systems

Essential Questions

- How does health literacy contribute to achieving and maintaining good health?
- How does regular physical activity contribute to the functioning of the body's regulatory functions?
- How can stress impact physical, mental and social health?
- What strategies are essential for the prevention of communicable and non communicable disease?
- What are the health risks and consequences involved in drug use?
- Why is proper nutrition during pregnancy important?

Big Ideas/Enduring Understandings

Unit 1: A Healthy Foundation

- Health is a combination of physical, mental and social well-being.
- People who are health literate are able to understand their options and make wise choices.
- Influences on health include heredity, environment, attitude, behavior, media and culture.
- Identifying risk behaviors can help teens make changes to improve their own health.
- Communication skills help people develop and maintain positive relationships.
- Consumers should be aware of the factors that influence their choices about health products and services.

Unit 2: Physical Activity and Nutrition

- Regular physical activity benefits all three aspects of health and can also lower the risk of many diseases.
- The five areas of health related fitness are cardiorespiratory, endurance, muscular strength, muscular endurance and flexibility.
- Good nutrition supplies the body with calories and nutrients needed for maximum energy and wellness.
- The Food Guide Pyramid is a tool that can help individuals develop better eating habits.
- An effective weight management plan involves developing healthy eating habits and being physically active throughout life.

Unit 3: Mental Health

- Learning to cope with emotions in healthful ways is important to positive mental health.
- The ability to identify personal stressors, avoid unnecessary stressors, and manage responses to unavoidable stressors can help individuals protect their health.
- Specific signs of mental illness can help individuals identify problems and seek professional help.

Unit 4: Communicable and Non-Communicable Diseases

- Communicable diseases are spread by pathogens such as viruses, bacteria, fungi, protozoans and rickettsias.
- Sexually transmitted diseases are infectious diseases that spread from person to person through sexual contact.
- Non-communicable disease is a disease that is not transmitted by another person, or vector, nor from the environment (cardiovascular, cancer, arthritis, diabetes).

Unit 5: Tobacco, Drugs and Alcohol

- Tobacco use damages the nervous, respiratory, cardiovascular, digestive and excretory systems.
- Alcohol use has negative long term effects on physical, mental and social health.
- Medicines are considered in four categories: those that prevent disease, those that fight pathogens, those that relieve pain, those that regulate body systems.
- Misusing medicines and using illegal drugs are high risk behaviors.

Unit 6: Growth and Development

- Human development begins as one microscopic cell, formed by the union of an egg cell and a sperm cell. It develops in the uterus in regular stages for about 40 weeks.
- Good prenatal care includes regular visits with a health care professional, proper nutrition and the avoidance of alcohol, tobacco and drugs.
- Chromosomes carry the codes for inherited traits.

Unit 7: Body Systems

- The skeletal system provides the basic framework for the human body.
- The nervous system coordinates all the activities in the human body.
- The cardiovascular system moves blood through the body.
- The respiratory system functions externally to take in oxygen and give off carbon dioxide. Internally it exchanges gases between the blood and body cells.

- The digestive system changes food into smaller nutrients that are absorbed and used by cells throughout the body.
- The urinary system removes water-soluble waste from the blood, tissues and cells.
- The body uses voluntary and involuntary muscles to perform everyday activities.

Key Competencies/Skills/Procedures

Unit 1: A Healthy Foundation

- Develop criteria for evaluation of health information.
- Identify the health triangle
- Describe ways to promote health and reduce risks
- Develop refusal strategies and conflict resolution skills

Unit 2: Physical Activity and Nutrition

- Evaluate the concepts of balance, variety and moderation, using the Food Guide Pyramid and national dietary guidelines.
- Explain the effects of healthful eating behaviors on body systems
- Utilize the information on food labels
- Recognize the components of a well balanced physical fitness program

Unit 3: Mental Health

- Identify characteristics of good mental and emotional health
- List the significant emotional changes that occur during adolescence and explain how emotions influence overall health
- Demonstrate strategies for communicating emotions in healthful ways
- Identify strategies for stress management
- Identify and describe types of mental disorders that affect our society and methods for addressing mental health problems

Unit 4: Diseases and Disorders

- Identify pathogens that cause communicable diseases
- Develop strategies for the prevention, management and treatment of communicable and non-communicable diseases
- Identify the symptoms and treatments for common diseases

Unit 5: Tobacco, Drugs and Alcohol

- Identify the harmful effects of tobacco, alcohol and drugs on the body systems
- Identify the economic and environmental impact of drug use and abuse
- Describe the dangers of drug interactions
- Identify programs for prevention and treatment of alcohol and drug use

Unit 6: Growth and Development

- Identify structures vital to fetal growth and development
- Explain the stages of birth
- Identify important nutritional and environmental factors relevant to fetal growth
- Explain the significance of genetics in determining individual characteristics

- Identify common genetic disorders

Unit 7: Body Systems

- Identify the structures and functions of particular body systems, including cardiovascular, nervous, respiratory, circulatory, muscular, skeletal, digestive, reproductive, and urinary
- Discuss ways to maintain and care for body systems

Core Vocabulary

Unit 1- A Healthy Foundation

health, wellness, prevention, health literacy, heredity, environment, culture, media, risk behaviors, abstinence, advocacy, refusal skills, conflict resolution, interpersonal communication, decision-making skills, values, short-term goal, long-term goal, character, role model, health consumer, media, advertising, comparison shopping, warranty, health care system, preventive care, health fraud, malpractice, consumer advocates

Unit 2- Physical Activity and Nutrition

Physical fitness, sedentary lifestyle, osteoporosis, metabolism, cardiorespiratory endurance, flexibility, body composition, aerobic exercise, anaerobic exercise, overload, progression, specificity, warm-up, cool down, resting heart rate, hydration, anabolic steroids, nutrition, calories, nutrients, carbohydrates, proteins, fiber, lipid, vitamins, minerals, food guide pyramid, food additives, food allergy, foodborne illness, pasteurization, body image, body mass index, obesity, eating disorder, anorexia nervosa, bulimia nervosa, electrolytes, dietary supplement

Unit 3- Mental Health

mental/emotional health, hierarchy of needs, self-actualization, personality, modeling, personal identity, developmental assets, constructive criticism, emotions, hormone, empathy, hostility, defense mechanisms, suppression, stress, psychosomatic response, relaxation response, anxiety, depression, resiliency, mental disorder, anxiety disorder, phobia, alienation, suicide, psychotherapy, behavior therapy, cognitive therapy, biomedical therapy, coping

Unit 4- Disease and Disorders

communicable disease, pathogen, toxin, vector, immune system, phagocyte, antigen, antibody, vaccine, sexually transmitted diseases(STDs), epidemics, abstinence, human papillomavirus, Chlamydia, genital herpes, gonorrhea, trichomoniasis, syphilis, acquired immune deficiency syndrome (AIDS), human immunodeficiency virus (HIV), asymptomatic stage, symptomatic stage, pandemic, western blot, noncommunicable disease, cardiovascular disease, hypertension, atherosclerosis, angina pectoris, arrhythmias, carcinogen, benign, malignant, biopsy, remission, diabetes, autoimmune disease, arthritis

Unit 5- Tobacco, Drugs and Alcohol

addictive, nicotine, stimulant, carcinogen, leukoplakia, nicotine withdrawal, nicotine substitute, Mainstream smoke, sidestream smoke, ethanol, fermentation, depressant, intoxication, blood alcohol concentration, binge drinking, alcohol poisoning, fetal alcohol syndrome(FAS), alcoholism, detoxification, sobriety, additive interaction, synergistic effect, antagonistic interaction, substance abuse, illicit drug use, psychological dependence, physiological dependence, marijuana, paranoia, inhalants, anabolic-androgenic steroids, narcotic, hallucinogens, rohypnol, amphetamines, barbiturates, designer drugs,

Unit 6- Growth and Development

fertilization, implantation, embryo, fetus, amniotic sac, umbilical cord, placenta, labor, prenatal care, miscarriage, stillbirth, heredity, chromosomes, genes, DNA, genetic disorder, amniocentesis, adolescence, puberty, hormones, gametes

Unit 7- Body Systems

axial skeleton, appendicular skeleton, ossification, ligament, tendon, osteoporosis, scoliosis, flexors, extensors, tendonitis, hernia, neurons, cerebrum, cerebellum, brain stem, reflex, epilepsy, cerebral palsy, plasma, hemoglobin, arteries, capillaries, platelets, lymphocytes, blood pressure, congenital, anemia, leukemia, Hodgkin's disease, respiration, diaphragm, pharynx, trachea, bronchi, larynx, tuberculosis, emphysema, pleurisy, digestion, absorption, mastication, peristalsis, chyme, bile, heartburn, hiatal hernia, peptic ulcer, nephrons, ureters, urethra, cystitis, urethritis, hemodialysis, endocrine glands, thyroid gland, pituitary gland, gonads, adrenal glands, sperm, testosterone, scrotum, semen, sterility, ova, ovaries, uterus, fallopian tubes, vagina, cervix, menstruation

Core Resources

Textbook: Bronson Merki, Mary. *Glencoe Health*. New York, New York: Glencoe, 2004.

Video: "Fears, Anxiety and Phobias"

"A Beautiful Mind"

"Bloodlines"(AIDS)

"Cardiovascular Disease"

"Ecstasy"

"Drug Education for Teens"

"The Truth about Alcohol"

"Cocaine and Crack: The New Epidemic"

"The Truth About Shane"

"Childbirth from the Inside Out"

"Look Who's Talking Too"

Magazines:

"What Scares You?" *Time*. April 2, 2001 "What Scares You?" *Time*. 2 Apr. 2001.

"Breast and Testicular Self Exam." *Current Health* Feb 2002

"Tobacco, Alcohol and Marijuana: Avoid the Trap," *Current Health*. Feb. 2000.

"Breast and Testicular Self Exam." *Current Health*. Apr. 2000.

"Club Drugs." *Current Health*. Feb. 2002.

Book: *It's Not About The Bike*, Lance Armstrong

Newspapers

Internet

United Streaming

Pennsylvania State Standards Guiding Course

Unit 1: A Healthy Foundation

10.1.9 A. Analyze factors that impact growth and development between adolescence and adulthood

C. Analyze factors that impact nutritional choices of adolescents

E. Analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention

10.2.12 C. Compare and contrast the positive and negative effects of the media on adult personal health and safety

- D. Examine and apply a decision-making process to the development of short and long term health goals

Unit 2: Physical Activity and Nutrition

- 10.4.9** A. Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals
- B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement
- C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities

- 10.4.12.** A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation
- B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities
- C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity

- 10.5.9** A. Describe and apply the components of skill-related fitness to movement performance
- C. Identify and apply practice strategies for skill improvement
- D. Identify and describe the principles of training using appropriate vocabulary.
- 10.5.12** A. Apply knowledge of movement skills, skill related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation
- D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create and revise a personal fitness program
- 10.1.12** C. Analyze factors that impact nutritional choices of adults

Unit 3: Mental Health

- 10.2.9** A. Identify and describe health care products and services that impact adolescent health practice

- 10.1.9** D. Analyze prevention and intervention strategies in relation to adolescent issues

Unit 4: Disease and Disorders

- 10.1.12** A. Evaluate factors that impact growth and development during adulthood

Unit 5: Tobacco, Drugs and Alcohol

- 10.1.9** A. Analyze prevention and intervention strategies in relation to adolescent and adult drug abuse
- 10.1.12** D. Evaluate issues relating to use/non-use of drugs

Unit 6: Growth and Development

- 10.1.9** A. Analyze factors that impact growth and development between adolescence

and adulthood

10.1.12 A. Evaluate factors that impact growth and development during adulthood and late adulthood

10.1.12 C. Analyze factors that impact nutritional choices of adults

Unit 7: Body Systems

10.1.9 B. Analyze the interdependence existing among the body systems

10.1.12 B. Evaluate factors that impact the body systems

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Approved—chr