

East Penn School District

Curriculum and Instruction

Curriculum for:

HE2 Health

Course(s): Health, Applied Health

Grades: 10

Department: Wellness/Fitness

Length of Period (average minutes): 41 minutes

Periods per cycle: 6

Length of Course (yrs): 0.50

Type of offering: required elective

Credit(s) awarded: 0.50

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Enduring Understanding	Essential Questions	Content	Standard	Skills
<p>Health Concepts are essential for wellness and health-enhancing lifestyle.</p>	<ul style="list-style-type: none"> ● How does illness impact factors of growth and development through adulthood? ● How can communicable diseases impact growth and development? 	<ul style="list-style-type: none"> ● Illnesses: <ul style="list-style-type: none"> ❖ Acute illnesses that are undiagnosed or do not seek medical attention can lead to other medical complications or develop into chronic illnesses. ❖ Chronic health conditions can cause great suffering and, in some cases death. ❖ People with chronic health conditions have to cope with changes in their health status over long periods of time. They need to take care of themselves and might take medications or have special diets to follow. ❖ They may need surgery or other medical care, which can impact career responsibilities. ❖ They may require assistance with daily activities during adulthood/ retirement years. ● Communicable diseases or infectious diseases are illnesses caused by pathogens that spread from one living thing to another. They might take medications or have special diets to follow. They may need surgery or other medical care. It could cause complications that may affect reproductive organs that can cause sterility in males and females. Irreversible damage to body organs, blindness, paralysis, and even death. May lead to other debilitating diseases. 	<p>10.1.12.A Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> ● acute and chronic illness ● communicable and non-communicable diseases ● health status ● relationships (marriage, divorce, loss) ● career choice ● aging process ● retirement 	<ul style="list-style-type: none"> ● Examine factors that impact growth and develop due to acute/chronic, communicable and non-communicable diseases.
<p>Health Concepts are essential for wellness and health-enhancing lifestyle.</p>	<ul style="list-style-type: none"> ● What are environmental factors that impact body systems? ● How can varying fitness levels prevent or increase risk of disease on body systems? ● How can varying environmental factors prevent or increase risk of disease on body systems? 	<ul style="list-style-type: none"> ● Pollution, altitude, temperature, socio-economic, cultural. ● By being physically active a minimum of 60 minutes a day the risk of non-communicable/ chronic diseases are reduced. ● The environment is everything around a person. It included the air people breathe, the water they drink, the food they eat, and the noise they hear. The environment and people depend on one another. The actions that people take affect the quality of the environment, and the environment affects the quality of people's health status (physical, mental, social). A 	<p>10.1.12B Evaluate factors that impact the body systems and apply protective/preventative strategies.</p> <ul style="list-style-type: none"> ● fitness level ● environment (pollutants, available health care) ● health status (physical, mental, social) ● nutrition 	<ul style="list-style-type: none"> ● Determine how varying fitness levels can prevent or increase risk of disease on body systems. ● Determine how varying environment can prevent or increase risk of disease on body systems. ● Determine how varying nutrition levels can prevent or increase risk of disease on body systems.

	<ul style="list-style-type: none"> • How can varying health status prevent or increase risk of disease on body systems? • How can varying nutrition levels prevent or increase risk of disease on body systems? 	<p>poor environment increases the risk of respiratory disease, cancer, and smoking related diseases.</p> <ul style="list-style-type: none"> • If the sum of your health status has more positive/preventative factors, risk of disease is reduced. • Eating the recommended daily amounts from MyPlate, following the dietary guidelines, planning a healthful diet, protecting oneself from food borne illnesses, maintaining a desirable weight and body composition and preventing eating disorders will help prevent the risk of disease. 		
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> • What factors influence a person's nutritional choices? 	<ul style="list-style-type: none"> • Age, gender, weight, activity level, and specific health conditions, economical factors, nutritional knowledge, food preparations. 	<p>10.1.12C Analyze factors that impact nutritional choices of adults</p> <ul style="list-style-type: none"> • cost • food preparation (time, skills) • consumer skills (understanding food labels, evaluating fads) • nutritional knowledge • changes in nutritional requirements 	<ul style="list-style-type: none"> • Evaluate how consumer skills, nutritional knowledge, age, gender cost; food preparations can impact nutritional choices.
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> • What impacts a person's decision to use/not use illicit/non illicit drugs? • What are the detrimental social and economic impacts of drug abuse among society? • How can drug use impact long term psychological wellness? 	<ul style="list-style-type: none"> • Cost, chemicals, laws, individual/ community impact, how it makes them feel, environment, etc. • Economic hardship, increase among health insurance and health care costs. Increase in violence, crime, and sexually transmitted infections. • Alters the body's chemical make-up and the way messages travel to the brain. 	<p>10.1.12D Evaluate issues relating to the use/non-use of drugs.</p> <ul style="list-style-type: none"> • psychological addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances • impact on the individual • impact on the community 	<ul style="list-style-type: none"> • Explain the detrimental social and economic impact of drug abuse among society. • Examine how the laws relating to alcohol, tobacco and chemical substances help to protect the health, lives, and property of the public. • Determine how drug use can impact long term psychological wellness.
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> • How has research, medical advances, and technology impacted the prevention and risk reduction of health problems throughout life? 	<ul style="list-style-type: none"> • Due to higher rates of morbidity/ mortality of various medical conditions/ diseases, there are more cures/ treatments available for individuals to live longer with these diseases. Due to technology there is more access available to treatment and cure in order to gain health knowledge and understanding of prevention. 	<p>10.1.12E Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/ regulations 	<ul style="list-style-type: none"> • Determine how research, medical advances, and technology have impacted the prevention and risk reduction of health problems throughout life. • Describe government policies/ regulations that influence the prevention and control of health problems.

<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<ul style="list-style-type: none"> • What are health care services that impact our overall wellness? • How can you determine health care product credibility? 	<ul style="list-style-type: none"> • Mental Health professionals, Physicians, Religious organizations. • Evaluate if source is reliable, what are qualifications of person/ group whom are providing the information, is the information up to date, what is the purpose of the information (are they trying to sell a product), does the information educate or merely appear to emotions, does the information make realistic claims. 	<p>10.2.12.A Evaluate health care products and services that impact adult health practices.</p>	<ul style="list-style-type: none"> • Determine health care product credibility. • Assess health care services impact on overall wellness.
<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<ul style="list-style-type: none"> • What are resources used to gain health information? • When and where can you obtain health care services, and awareness of service fees? 	<ul style="list-style-type: none"> • Internet, online databases, textbook, and medical professionals. • When dealing with a mental and/ or physical condition seek out services via school, Internet, medical offices, or places of religious practice. 	<p>10.2.12.B Assess factors that impact adult health consumer choices.</p> <ul style="list-style-type: none"> • access to health information • access to health care • cost • safety 	<ul style="list-style-type: none"> • Explain various resources to gain health information. • Determine when and where to obtain health care services, and awareness of service fees.
<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<ul style="list-style-type: none"> • What are positive/negative influences media has on adult personal health choices? 	<ul style="list-style-type: none"> • Promote awareness, health service announcements, and immunizations. poor food choices, tanning, unrealistic dietary supplements, and TV programming. 	<p>10.2.12.C Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p>	<ul style="list-style-type: none"> • Evaluate the positive influence media has on personal health choices. • Evaluate the negative influence media has on personal health choices.
<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<ul style="list-style-type: none"> • What steps are needed to develop short and long term health goals? • How can you organize and apply an action plan? 	<ul style="list-style-type: none"> • Use of a health-behavior inventory, Identify health behaviors not yet practiced, and initiate a behavior change. • Identify a risk behavior, identify healthy behavior alternatives, select healthy behavior to achieve action plan goal, devise steps to reach goal including types of natural and learned motivators, evaluate or reflect on plans effectiveness. 	<p>10.2.12.D Examine and apply a decision-making process to the development of short and long term health goals.</p>	<ul style="list-style-type: none"> • Select a short and long term health goals they plan to achieve. • Design an action plan to achieve health goals. • Identify and prioritize obstacles to their plan. • Organize a timeline to accomplish health goals. • Chart progress toward their goals. • Identify support team/ system to advise toward goal achievement. • Revise action plan and make adjustments as deemed necessary. • Select a reward for goal achievement that is suitable for new healthy lifestyle.

<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<ul style="list-style-type: none"> • What are specific ways you can protect and preserve your environment? • What is the correlation between health policies/ laws and health promotion/ disease prevention? 	<ul style="list-style-type: none"> • Air pollution control, reduce, reuse, recycle • Publicizing of nutritional information, public smoking laws. 	<p>10.2.12E: Analyze the interrelationship between environmental factors and community health.</p> <ul style="list-style-type: none"> • Public health policies and laws/health promotion and disease prevention • individual choices/ maintenance of environment • recreational opportunities/ health status 	<ul style="list-style-type: none"> • Outline specific ways you can protect and preserve the natural environment. • Examine the correlation between health policies/ laws and health promotion disease prevention.
<p>Safety impacts individual and community well-being.</p>	<ul style="list-style-type: none"> • How does a legal consequence of an unsafe practice affect personal freedom, loss of transportation privileges and income? • How can an unsafe practice affect your physical, mental, emotional, and social health status? 	<ul style="list-style-type: none"> • Incarceration, loss of employment/ income, license revoked or suspended. Financial loss due to victim law suit or compensation for their physical, mental, or emotional injuries. • Disability/ injury, death, mental/ emotional health disorder, social outcast. 	<p>10.3.12.A Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> • loss of personal freedom • personal injury • loss of income • impact on others • loss of motor vehicle operator's license 	<ul style="list-style-type: none"> • Explain how legal consequences of an unsafe practice will affect personal freedom, loss of transportation privileges and income. • Explain how an unsafe practice will affect your physical, mental, emotional, and social health status.
<p>Safety impacts individual and community well-being.</p>	<ul style="list-style-type: none"> • What first aid/ CPR skills should be used based on given scenarios? 	<ul style="list-style-type: none"> • First Aid skills : controlling bleeding, splinting, checking conscious/ unconscious adults, conscious choking, unconscious choking, breathing emergencies, shock, muscle/ bone/ joint injuries, sudden illness, environmental injuries. CPR skills: caring for cardiac emergency, cardiac chain of survival, use of AED. 	<p>10.3.12.B Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid 	<ul style="list-style-type: none"> • Differentiate proper first aid/ CPR skills based on given scenarios.
<p>Safety impacts individual and community well-being.</p>	<ul style="list-style-type: none"> • How can being a victim of violence impact your mental, emotional, and physical state? • How can a community benefit/ hinder from a victim of violence? 	<ul style="list-style-type: none"> • Mentally and emotionally a victim would need coping skills in order to recover from an incident. Lack of coping skills could cause depression, lack of self-esteem, self-respect or self-worth. Victims could become physically disabled or experience permanent paralysis where rehabilitation may be needed. • Education awareness at a community level would be beneficial. Suppressing emotional turmoil could increase risk of additional violence. 	<p>10.3.12.C Analyze the impact of violence on the victim and surrounding community.</p>	<ul style="list-style-type: none"> • Explain how being a victim of violence can impact your mental, emotional, and physical state. • Explain how a community can benefit/ hinder from a victim of violence.

<p>Safety impacts individual and community well-being.</p>	<ul style="list-style-type: none"> ● How can life-long physical activities prevent chronic and lifestyle diseases? ● How can lack of recovery time and improper technique impact personal health? 	<ul style="list-style-type: none"> ● Lifelong physical activity increases high density lipoproteins therefore decreasing the formation of plaque and the risk of cardiovascular disease, heart disease, atherosclerosis, hypertension, and obesity. ● Insufficient recovery time for the body to repair torn muscle fibers due to activity can increase chance of over-use injuries. Improper form can place undue stress on joints, again increasing risk of injury. 	<p>10.3.12.D Evaluate the benefits, risks and safety factors associated with life-long physical activities.</p>	<ul style="list-style-type: none"> ● Determine how life-long physical activities can prevent chronic and lifestyle diseases. ● Explain how lack of recovery time and improper technique can impact personal health.
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Materials and Resources:

Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 06 Jan. 2015. Web.

"First Aid & CPR Certification." American Red Cross. American Red Cross, Feb. 2015. Web.

Meeks, Linda Brower., Philip Heit, and Randy Page. Meeks Heit Health & Wellness. New York, NY: McGraw-Hill/Glencoe, 2005. Print.

Meeks, Linda Brower., and Philip Heit. Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health. Blacklick, OH: MeeksHeit Pub., 2010. Print.

Teacher Designated Supplemental Materials