

HEALTH 10
COURSE OUTLINE

SEWANHAKA CENTRAL HIGH SCHOOL DISTRICT

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HEALTH 10

COURSE OUTLINE

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10th GRADE COURSE OUTLINE
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ABSTRACT

Course Title: Health 10
Prerequisite: None

1 Semester
½ Credit

Health 10 is a one semester course required for all senior high students. This course must be successfully passed in order for a student to qualify for graduation.

The goal of the course is to provide the students with up-to-date information which will enable them to live a healthy lifestyle, to enhance their self-esteem, and to utilize responsible decision-making skills.

This curriculum course outline provides the instructor with an outline of the course content and the appropriate amount of instructional time to be devoted to each unit depending on the number of days allotted to the fall and spring semesters.

Descriptors:

1. Health 10
2. Secondary Education
3. Health 10 Glencoe textbook

COURSE DESCRIPTION

Course Title: Health 10

1 Semester

Prerequisite: None

½ Credit

Health 10 is a required course that all senior high students must successfully pass in order to graduate. The aim of this health course is to help students achieve the mutual goals of developing proper attitudes toward physical and mental wellness and developing appropriate healthy behavior for life. This course will also address issues that are of particular concern to adolescents.

The Health 10 course includes units on Mental Health, Parenting, Nutrition, Substance Abuse, Responsible Driving for Teenagers, Consumer Health, Environmental Health, Community Health, Diseases and Disorders, AIDS Prevention, Human Growth & Development, and Safety & First Aid.

The parent must submit a written request if he/she does not want his/her child to participate in the AIDS presentations and Human Growth & Development units. The 10th grade Health course outline, the Human Growth & Development teacher lesson plan guide, and the AIDS curriculum guide are all available to a parent upon request.

APPROXIMATE TIME ALLOTMENTS

I.	Mental Health	15-17 Days
II.	Parenting	4-5 Days
III.	Nutrition	2-3 Days
IV.	Substance Abuse: Tobacco - (4 Days) Alcohol - (5 Days) Drugs - (4 Days)	13-14 Days
V.	Responsible Driving for Teenagers (State Education Department mandate 9/90)	1-2 Days
VI.	Consumer Health	1 Day
VII.	Environmental Health	1 Day
VIII.	Community Health	1 Day
IX.	Diseases and Disorders	13-14 Days
X.	AIDS Prevention	1 Day
XI.	Human Growth and Development – LI Teen Freedom	18-19 Days
XII.	Safety and First Aid	2-3 Days
XIII.	Final Examination Review	3 Days
XIV.	Final Examination	<u>2 Days</u>
	Total =	<u>77-86 Days</u>

I. **MENTAL HEALTH**

15-17 Days

Upon completion of this course, the successful student should be able to:

- A. Understand the relationship of human needs and behavior.
- B. Understand characteristics of emotions.
- C. Understand and identify mental disorders.
- D. Discuss personality development and improvement of self-esteem.
- E. Discuss the decision-making process.
- F. List and discuss defense mechanisms.
- G. Understand the symptoms of depression and possible suicide and the methods of coping with them.
- H. Identify emotional and physical responses to stress, conflict resolution, and anger management.
- I. Identify types of psychosomatic illnesses.
- J. Compare and understand different types of mental health treatment for emotional problems, plus appropriate agencies and services.
- K. Distinguish between mental illness and mental retardation.
- L. Understand phobic reactions and behaviors.
- M. Understand psychological components and problems of eating disorders such as bulimia and overeating.
- N. Understand I.Q. and its contributory components.
- O. Understand the process of aging and how to deal with bereavement and grief.
- P. Identify New York State Social Service Agencies.

II. **PARENTING**

4-5 Days

Upon completion of this course, the successful student should be able to:

- A. Understand the roles and responsibilities of parenting.
- B. Understand human growth and development of the child and the parent throughout the life cycle.
- C. Should be able to include skills such as Advocacy, Communication, Decision-making, Planning and Goal Setting, Self-management, and Stress Management in parenting.
- D. Apply basic rules of health and safety to a variety of home and workplace situations.
- E. Demonstrate the principals of safe and healthy child care.
- F. Understand the stages of child development and apply this knowledge of activities designed to enrich the physical, social, mental, and emotional development of a young child.
- G. Demonstrate the necessary knowledge and skills to promote healthy development into adulthood.
- H. Evaluate how the multiple influences that affect health decisions and behaviors can be altered.
- I. Describe ways community agencies assist families in crises.
- J. Describe ways family members can work together to resolve conflicts, and the roles of family members, friends, neighbors, and community agencies in family development.

III. **NUTRITION**

2-3 Days

Upon completion of this course, the successful student should be able to:

- A. Understand basic nutritional needs.
- B. Understand the relationship of dietary intake and exercise to weight control.
- C. Identify the difference between natural and organic foods and traditional food.
- D. Compare methods of weight loss with the potential dangers of “fad” diets.
- E. Understand effects of four dimensions of wellness including physical, mental, emotional, and intellectual.
- F. Correctly read and understand food labels in order to evaluate a food’s nutritional value.

TOBACCO, ALCOHOL, & DRUGS

Upon completion of this course, the successful students should comprehend:

A. Tobacco-related objectives: (4 Days)

1. List the chemical components of tobacco.
2. Identify smoking-related illnesses.
3. Compare methods of cessation of cigarette smoking.
4. Identify detrimental health effects of tobacco.

B. Alcohol-related objectives: (5 Days)

1. Understand the use of alcohol in our society.
2. Identify the effects of alcohol on the body.
3. Identify alcohol-related illnesses.
4. Understand the concept of alcoholism as a disease.
5. Understand fetal-alcohol syndrome.
6. Discuss treatment and rehabilitation programs for alcoholism.
7. Understand the decision-making process and peer pressure influences as they relate to alcohol.

C. Other drug related objectives: (4 Days)

1. Understand the differences between legal and illegal drugs.
2. Discuss the difference between use and abuse of drugs.
3. List and classify illegal drugs and their effects.
4. Understand the role of self-esteem as it relates to substance abuse.
5. Understand the synergistic effect of alcohol and drugs.
6. Discuss treatment and rehabilitation programs for substance abuse.

V. **RESPONSIBLE DRIVING FOR TEENAGERS**

1-2 Days

Upon completion of this course, the successful students should be able to:

- A. Demonstrate knowledge of the significance of alcohol and drugs as related to traffic fatalities and injuries.
- B. Demonstrate knowledge of the effects of alcohol and drugs on one's driving performance.
- C. Demonstrate knowledge of the disproportionate involvement of teenagers in alcohol-related automobile injuries and fatalities.
- D. Demonstrate knowledge of the reasons alcohol consumption poses dangerous risks for teenage drivers.
- E. Demonstrate knowledge of the measures teenagers may take to reduce the risks of driving under the influence of drugs and alcohol.
- F. Understand that driving under the influence of drugs and alcohol is both a community and an individual responsibility.

VI. **CONSUMER HEALTH**

1 Day

Upon completion of this course, the successful students should be able to:

- A. Understand procedures for researching and selecting health professionals (doctors, dentists, etc.) and appropriate specialists.
- B. Understand "informed consent" in terms of health services.
- C. Discuss the problems of quackery and frauds.
- D. Identify advertising techniques.
- E. Compare consumer protection agencies (Better Business Bureau, Federal Trade Commission, Post Office, etc.).

VII. **ENVIRONMENTAL HEALTH**

1 Day

Upon completion of this course, the successful students should be able to:

- A. Understand the personal, emotional, social and physical elements of the environment that contributes to the feeling of self well-being and enjoyment.
- B. Understand how individuals may be affected by events in remote environments.
- C. Understand how the environment may contribute to feelings of well-being.
- D. Understand how individual community groups and governmental agencies may prohibit pollution and improve the environment.
- E. Discuss and understand how students may protect the environment.

VIII. **COMMUNITY HEALTH**

1 Day

Upon completion of this course, the successful students should be able to:

- A. Identify ways personal behavior affects the health of everyone in the community.
- B. Identify community health problems and the strategies used to resolve the problems.
- C. Understand the health planning structure and agencies on the local, state, national, and international levels dedicated to resolving health problems.

IX. **DISEASES AND DISORDERS**

13-14 Days

Upon completion of this course, the successful students should be able to:

- A. Distinguish between wellness and illness.
- B. Identify the difference between chronic and communicable diseases.
- C. Identify the causes of cardio-vascular diseases and cancer.
- D. Understand the causes of communicable diseases and modes of transmission.
- E. Identify and compare five communicable diseases that impact on adolescents.
- F. Compare risk factors as they relate to disease.
- G. Understand prevention and treatment of disease.
- H. Understand the societal pressures that lead to the avoidance of treatment of sexually transmitted diseases.
- I. Understand difficulties experienced by sexual partners when attempting to communicate about sexually transmitted diseases.
- J. Understand the transmission, high-risk behaviors, and treatment of STD's and AIDS. (See AIDS Curriculum Course Outline.)
- K. Understand how healthful behavior may reduce the spread of chronic and infectious diseases
- L. Understand breast and testicle self-examination.

X. **AIDS PREVENTION**

1 Day

(Parental Permission Required)

Upon completion of this course, the successful students should be able to:

- A. Understand ways of contracting the HIV infection.
- B. Identify the behaviors that do not put a person at risk of HIV infection.
- C. Understand that abstinence is the only safe sex guaranteed to prevent AIDS.
- D. Understand the impact of AIDS on family members.
- E. Understand alternate methods of AIDS prevention.

XI. **HUMAN GROWTH & DEVELOPMENT**
(Parental Permission Required)

18-19 Days

Upon completion of this course, the successful students should be able to:

- A. Develop and practice those skills necessary for responsible decision making.
- B. Realize the values of different types of relationships.
- C. Understand the concepts of sex roles in society.
- D. Understand the physical changes during puberty in both males and females.
- E. Understand effective communication skills concerning all relationships.
- F. Examine issues involved in making decisions in delaying sexual activity.
- G. Identify various birth control methods and their concomitant advantages, disadvantages, effectiveness, and expense.
- H. Understand fetal growth and development and complications that may occur.
- I. Understand the many physical and emotional problems concerning teenage pregnancy.
- J. Understand the psychological problems of divorce and its impact on family members.
- K. Understand a nonjudgmental view of various atypical life styles.
- L. Identify the four different types of child abuse: verbal/emotional, neglect, physical, and sexual.
- M. Define and understand the complete ramifications of rape, date rape, and other sex crimes.

XII. **SAFETY & FIRST AID**

2-3 Days

Upon completion of this course, the successful student should be able to:

- A. Understand how safe environments promote health and well-being.
- B. Understand procedures required to reduce safety hazards and to produce an effective response in emergencies.
- C. Demonstrate safety practices in injury prevention and first aid treatment.

XIII. **FINAL EXAMINATION REVIEW**

3 Days

XIV. **FINAL EXAMINATION**

2 Days

TEACHING AIDS

Newspapers
Magazine articles, health journals, and periodicals
Role playing
Speakers from community agencies
Videos
Films/Filmstrips
Teacher-directed problem solving activities

EVALUATION

Students will be evaluated by:

1. Quizzes - oral and written
2. Full period tests
3. Class participation
4. Notebook
5. Reporting to class prepared with homework assignment
6. District final examination
7. Written and oral reports